

7-day dietary plant-based plan featuring ~80g of protein per day.



DAY 1

Meal	Ingredients	Method	Pro
Breakfast – Protein Oats with Soy Milk	60 g rolled oats (~7 g), 300 ml soy milk (~12 g), 1 Tbsp chia seeds (~2 g), 1 Tbsp almond butter (~3 g)	Cook oats in soy milk, stir in chia and almond butter.	~24g
Lunch – Lentil & Quinoa Bowl	150 g cooked lentils (~15 g), 100 g cooked quinoa (~4 g), spinach, tomato, 1 Tbsp olive oil	Combine warm lentils and quinoa with greens and dressing.	~25g
Dinner – Tofu & Sweet Potato Stir-Fry	200 g firm tofu (~24 g), 150 g sweet potato (~3 g), broccoli, capsicum, 1 Tbsp olive oil	Roast sweet potato; stir-fry tofu and veg; combine and serve.	~30g

DAY 2

Meal	Ingredients	Method	Pro
Breakfast – Smoothie Bowl	1 scoop plant protein (~20 g), 300 ml soy milk (~12 g), 1 banana, 1 Tbsp peanut butter (~4 g), 30 g oats (~3 g)	Blend all ingredients into a thick smoothie; top with oats and seeds.	~24g
Lunch – Chickpea & Avocado Wrap	150 g cooked chickpeas (~15 g), wholegrain wrap (~4 g), ½ avocado, tomato, spinach, olive oil	Mash chickpeas with avo and seasonings; fill wrap with veg.	~24g
Dinner – Tempeh & Veggie Stir-Fry	150 g tempeh (~28 g), 150 g brown rice (~5 g), mixed stir-fry veg, soy sauce	Stir-fry tempeh and vegetables; serve over cooked rice.	~33g

DAY 3

Meal	Ingredients	Method	Pro
Breakfast – Chia & Protein Pudding	3 Tbsp chia seeds (~6 g), 300 ml soy milk (~12 g), 1 scoop plant protein (~20 g), berries	Stir and chill overnight, top with berries.	~23g
Lunch – Black Bean & Quinoa Bowl	150 g cooked black beans (~15 g), 100 g quinoa (~4 g), corn, tomato, olive oil	Mix all in a bowl and drizzle with olive oil.	~25g
Dinner – Vegan Lentil Bolognese	200 g cooked lentils (~18 g), 100 g wholemeal pasta (~12 g), tomato passata, onion, garlic, olive oil	Simmer sauce with lentils and serve over cooked pasta.	~32g

DAY 4

Meal	Ingredients	Method	Pro
Breakfast – Peanut Butter Protein Toast	2 slices wholegrain toast (~8 g), 2 Tbsp peanut butter (~8 g), 300 ml soy milk (~12 g)	Toast bread, spread peanut butter, serve with soy milk.	~24g
Lunch – Edamame & Brown Rice Bowl	150 g shelled edamame (~17 g), 100 g brown rice (~4 g), mixed greens, sesame oil	Mix edamame and rice, top with greens and sesame oil.	~24g
Dinner – Tofu & Vegetable Curry	200 g tofu (~24 g), 150 g sweet potato (~3 g), coconut milk, curry spices, broccoli, 100 g basmati rice (~4 g)	Simmer tofu and veg in curry sauce; serve with rice.	~31 g

DAY 5

Meal	Ingredients	Method	Pro
Breakfast – Protein Porridge with Nuts	60 g oats (~7 g), 300 ml soy milk (~12 g), 1 scoop plant protein (~20 g), 1 Tbsp almonds (~3 g)	Cook oats in soy milk, stir in protein and almonds.	~24g
Lunch – Hummus & Quinoa Bowl	150 g chickpeas (~15 g), 100 g quinoa (~4 g), cucumber, tomato, tahini, lemon juice	Mix quinoa and chickpeas with chopped veg and tahini dressing.	~24g
Dinner – Seitan & Veggie Stir-Fry	150 g seitan (~30 g), 150 g soba noodles (~7 g), bok choy, mushrooms, soy sauce	Stir-fry seitan and veg; toss with noodles and sauce.	~34g

DAY 6

Meal	Ingredients	Method	Pro
Breakfast – Overnight Oats with Protein	60 g oats (~7 g), 300 ml soy milk (~12 g), 1 scoop plant protein (~20 g), berries	Mix and refrigerate overnight; top with berries.	~24g
Lunch – Falafel & Brown Rice Bowl	6 falafel (~18 g), 100 g brown rice (~4 g), salad greens, tahini dressing	Serve falafel over rice with greens and tahini drizzle.	~23g
Dinner – Tofu Stir-Fry with Quinoa	200 g tofu (~24 g), 100 g quinoa (~4 g), stir-fry vegetables, soy sauce, 1 Tbsp olive oil	Stir-fry tofu and vegetables, serve with cooked quinoa.	~31g

DAY 7

Meal	Ingredients	Method	Pro
Breakfast – Almond Butter Smoothie	1 scoop plant protein (~20 g), 300 ml soy milk (~12 g), 1 banana, 1 Tbsp almond butter (~3 g), 1 Tbsp chia (~2 g)	Blend all until smooth and creamy.	~24g
Lunch – Lentil & Sweet Potato Salad	200 g cooked lentils (~18 g), 150 g roasted sweet potato (~3 g), rocket, capsicum, olive oil	Toss lentils and sweet potato with greens and dressing.	~23g
Dinner – Tempeh & Vegetable Bake	150 g tempeh (~28 g), zucchini, tomato, 100 g brown rice (~4 g), 1 Tbsp olive oil	Bake tempeh and veg; serve with cooked rice.	~32g

Daily Protein Total

Each day: ~79–83 g protein