

9 SUPER HIGH PROTEIN VEGAN RECIPES

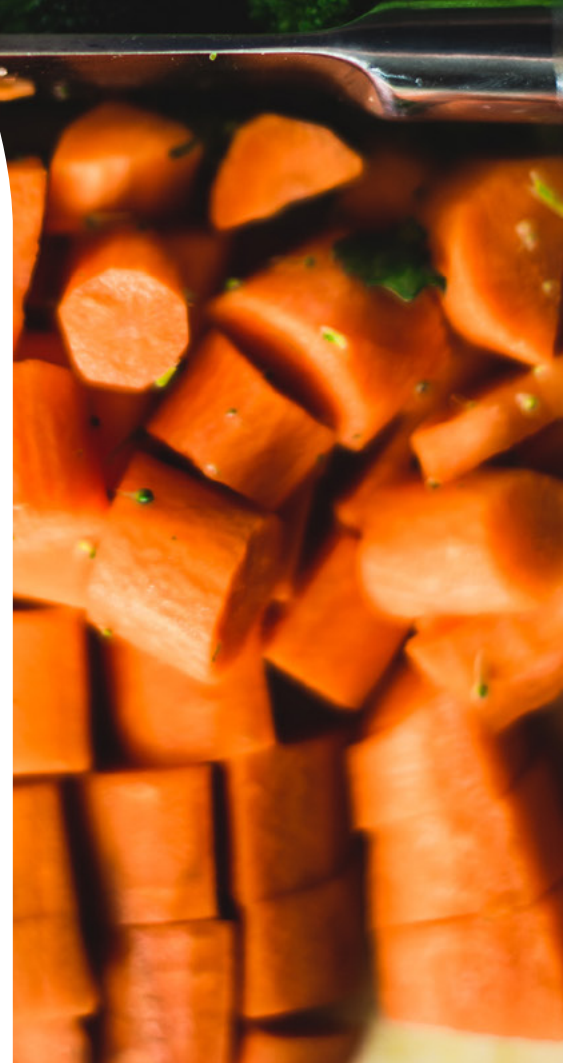
THAT TASTE AMAZING





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INTRODUCTION

Hi there!

I'm Jason Hughes, a fitness enthusiast and head editor at [VeganLiftz](#).

Thank you for subscribing! I hope you find the high-protein, vegan-friendly recipes as tasty as I do.

Before I discovered recipes like these, I had trouble putting on muscle as a vegan. Nothing I did seemed to work and any progress I made was minimal. In fact, I was on the verge of giving up. Stumbling onto the proper knowledge of diets and supplements was a game changer for me. All of a sudden, I was seeing significant changes in my body and I finally started achieving the kind of progress I had been dreaming of. Before I knew it, I looked in the mirror and saw myself with the body I had as a football player in high school!

It was such an incredible, accomplished feeling. I knew right then and there that I had to share my knowledge with others so they could feel as amazing as I did. That's how "9 Super High Protein Vegan Recipes" came to be. I compiled everything that had worked for me in my vegan body building journey and wrote down these 9 recipes so you could experience this, too. If you're as tired of struggling with muscle gain as I was, then you have found the right guide! These 9 recipes are sure to make a huge impact on your fitness journey and show you the same amazing results that I saw.

Ready? Let's dive in!



VEGAN PROTEIN PANCAKES

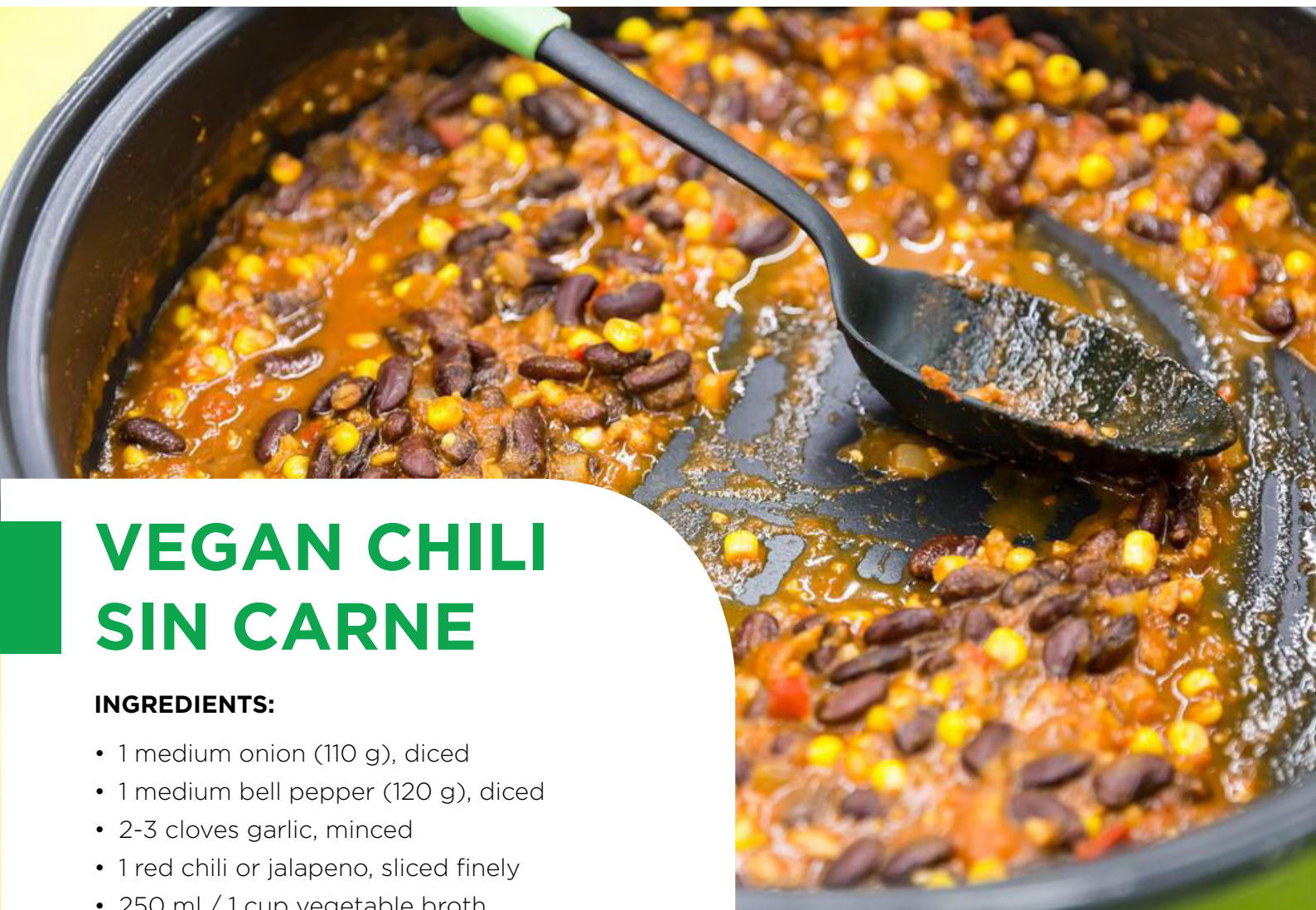
INGREDIENTS:

- Half a ripe banana (70 g), mashed up
- 1 tbsp ground flax seed
- 30 g vegan protein powder
- 120 ml or 1/2 cup plant milk
- 1/4 teaspoon cinnamon
- 1 teaspoon baking powder
- 40 g or 1/2 cup oatmeal
- Stevia, maple syrup or other sweetener

SERVING SIZE	1 pancake = 1/4 recipe
MACRONUTRIENT BREAKDOWN PER SERVING:	Calories = 104 kcal Protein = 9.2 g Fat = 2.4 g Carbs = 12.5 g

INSTRUCTIONS:

1. Mash banana on a plate and set aside.
2. Create your 'flax egg' by combining the 1 tbsp flax with 2 tbsp water in a cup and let sit for a few minutes.
3. Now mix up banana, flax egg, protein powder, plant milk, cinnamon, baking powder, oatmeal and sweetener together in a bowl.
4. Scoop out the mixture onto a non-stick pan (makes about 4 pancakes) on medium heat and let cook for 3-5 minutes.
5. Flip and cook for another 3-5 minutes (if they're still not finished lower temperature and cook for longer).
6. Serve with fruit, berries or nut butter of choice



VEGAN CHILI SIN CARNE

INGREDIENTS:

- 1 medium onion (110 g), diced
- 1 medium bell pepper (120 g), diced
- 2-3 cloves garlic, minced
- 1 red chili or jalapeno, sliced finely
- 250 ml / 1 cup vegetable broth
- 1 can black beans (240 g), drained and rinsed
- 1 can lentils (240 g), drained and rinsed
- 100 g corn
- 1 can chopped tomatoes (400 g)
- 1 tbsp tomato paste
- 2 tsp cumin
- 1 tsp paprika powder
- 1 tsp chili powder
- 1 tsp oregano
- Salt and pepper to taste

SERVING SIZE

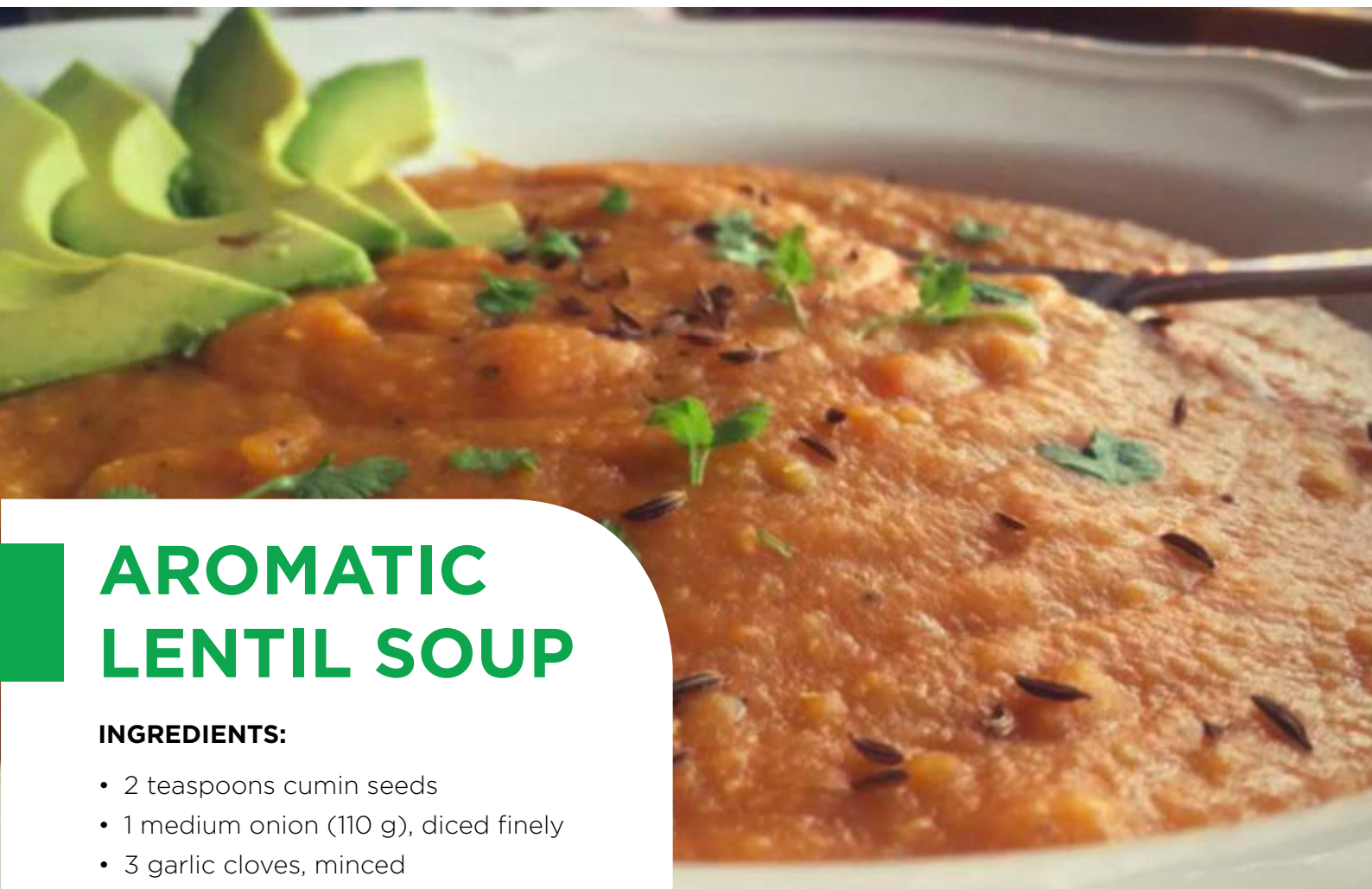
1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 284 kcal
Protein = 17.3 g
Fat = 2.1 g
Carbs = 53.6 g

INSTRUCTIONS:

1. Throw onion, bell pepper, garlic and chili with some water into a pan and sautee for 5 minutes on a medium-high heat.
2. Add the broth, beans, lentils, sweetcorn, chopped tomatoes, tomato paste, spices and stir well.
3. Let it all simmer on medium heat for 20-30 mins, stirring occasionally.
4. Season with salt and pepper
5. Serve with bread or rice and some guacamole if desired.



AROMATIC LENTIL SOUP

INGREDIENTS:

- 2 teaspoons cumin seeds
- 1 medium onion (110 g), diced finely
- 3 garlic cloves, minced
- Thumb-sized piece of ginger, grated
- 1/2 teaspoon chili powder
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 2 medium carrots (120 g), grated
- 2-3 medium potatoes (400 g), cubed
- 200 g uncooked red lentils, rinsed
- 1 can chopped tomatoes (400 g)
- 1000 ml / 4 cups vegetable stock
- Salt and pepper to taste

INSTRUCTIONS:

1. Add the cumin seeds to a large casserole pan on a medium-high heat and let toast for two minutes.
2. Add the onion, garlic and ginger with some water and let mix with the cumin seeds for 3 minutes.
3. Now add the rest of the ingredients and let simmer with a lid on for about 40 minutes.
4. Salt and pepper to taste and whizz up with an immersion blender (or don't for a more chunkier stew)
5. Serve with toasted bread and if desired garnish with cilantro/parsley/avocado

SERVING SIZE

1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 405 kcal
Protein = 21.1 g
Fat = 2.1 g
Carbs = 80.1 g



MUJADARA

INGREDIENTS:

- 200 g uncooked green lentils, rinsed
- 1 teaspoon cumin seeds
- 2 large onions (300 g), sliced finely
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 cinnamon stick
- 1 bay leaf
- 200 g uncooked rice, rinsed
- Salt and pepper to taste
- 2 tbsp tahini
- 2 tbsp water
- Juice of half a lemon

SERVING SIZE

1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 579 kcal
Protein = 23.5 g
Fat = 6.8 g
Carbs = 107.3 g

INSTRUCTIONS:

1. Add lentils and 500 ml of water in a pot and let simmer for 20-30 minutes until lentils are tender.
2. Add the cumin seeds to a casserole pan on medium-high heat and toast for about two minutes.
3. Add onion and cook for 15-20 minutes, adding water and scraping the bottom when needed.
4. When the onion is nicely caramelized, scoop out roughly a third to use as garnish later.
5. Add in minced garlic and the rest of the spices with the onions and let mix for 1-2 minutes.
6. Add cooked lentils, rice and 700 ml of water to the casserole and stir.
7. Let simmer under a lid for 30 minutes until rice is cooked (don't touch).
8. To make the tahini sauce just mix the tahini, water and lemon juice together.
9. Serve with a wedge of lemon, drizzle over tahini sauce and garnish with the crispy onion bits.



LENTIL BOLOGNESE

INGREDIENTS:

- 400 g mushrooms, chopped finely
- 1 medium onion (110 g), chopped finely
- 2 celery stalks (80 g), chopped finely
- 2 medium carrots (120 g), chopped finely
- 3 garlic gloves, minced
- 2 tbsp tomato puree
- 1 can crushed tomatoes (400 g)
- 1 teaspoon oregano
- 250 g uncooked, rinsed
- 1 teaspoon smoked paprika
- 0.5-1 litre/2-4 cups vegetable stock
- 1 can chopped tomatoes (400 g)
- Salt and pepper to taste

SERVING SIZE

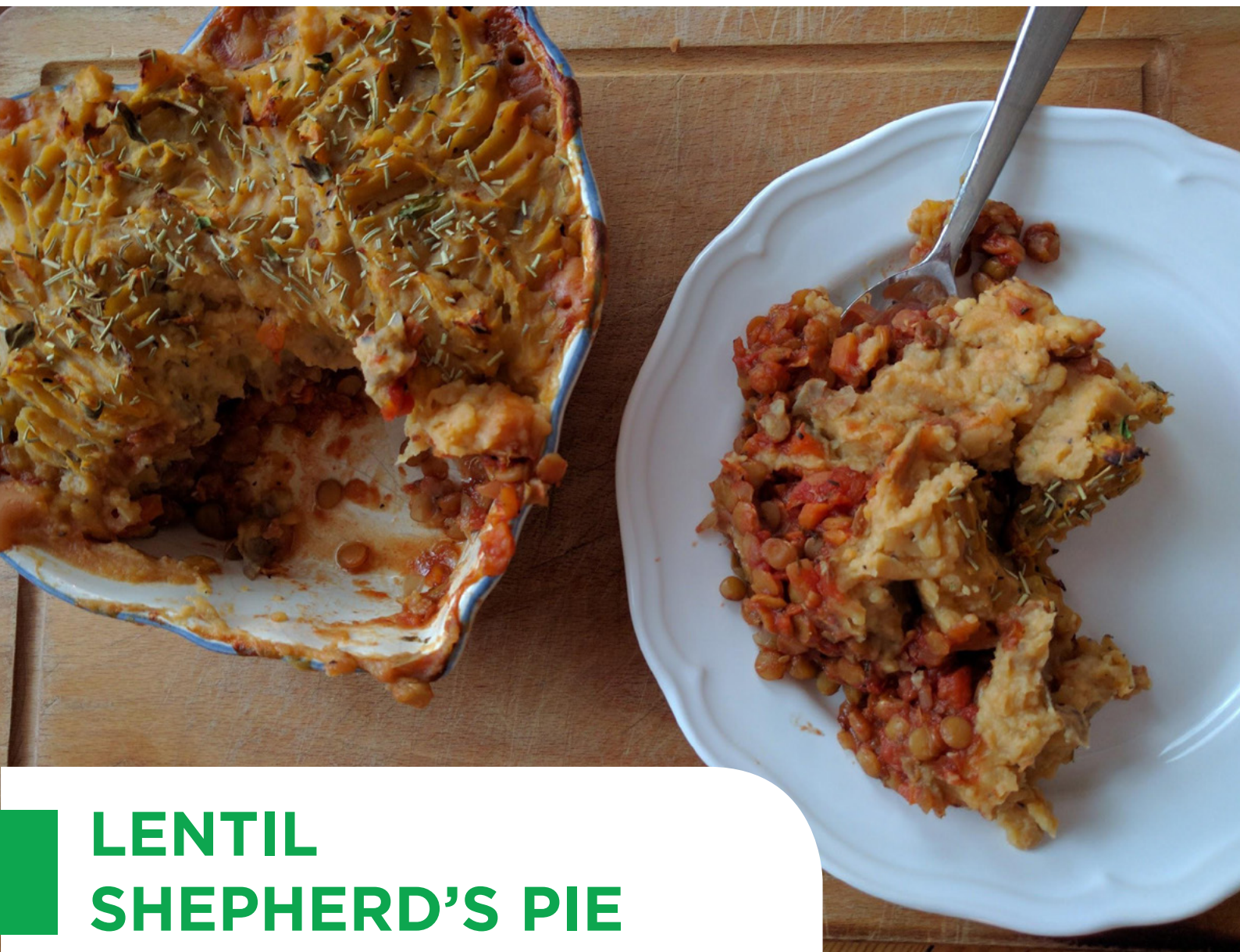
1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 406 kcal
Protein = 27.2 g
Fat = 2.8 g
Carbs = 74.7 g

INSTRUCTIONS:

1. Add in mushrooms, onion, celery, carrots and let cook on medium-high heat for about 7 min (let mushrooms release all water)
2. Add minced garlic, tomato puree and fry off for 2 more minutes.
3. Now go in with the can of crushed tomatoes, dry spices, vegetable stock and lentils.
***You may need less or more vegetable stock. Start with 500 ml/2 cups and add more as needed.**
4. Cook for 40 minutes until lentils are soft and salt and pepper to taste.
5. Serve with giant piles of pasta (actually works well with rice as well)



LENTIL SHEPHERD'S PIE

INGREDIENTS:

- 1 batch lentil bolognese
- 500 g white potato, cubed
- 500 g sweet potato, cubed
- 100-200 g soy milk
- Salt and pepper to taste

INSTRUCTIONS:

1. Make one batch of the lentil bolognese. While it's simmering boil the potatoes until soft, about 20-30 minutes.
2. Strain potatoes and mash them up with soy milk.
3. Season with salt and pepper.
4. Put into an oven heated to 200 C or 400 F for 15 minutes. Finish under the grill for a couple of minutes for crispy mash action.
5. Spoon lentil bolognese into an oven dish and then add a layer of mashed potatoes.
6. If you want add some fresh herbs on top.

SERVING SIZE

1/4 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 514 kcal
Protein = 26.1 g
Fat = 3.1 g
Carbs = 101.6 g

CHIPOTLE & SWEET POTATO STEW

INGREDIENTS:

- 1 large onion (150 g), diced
- 4 garlic gloves, minced
- 2 chipotle peppers, chopped finely or 2 tbsp chipotle puree
- 2 tbsp tomato puree
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 2-4 large sweet potatoes (500 g), cubed
- 250 g uncooked lentils, rinsed
- 1 can crushed tomatoes (400 g)
- 0.5-1 litre/2-4 cups vegetable stock
- Juice of 1 lime
- Salt and pepper to taste

INSTRUCTIONS:

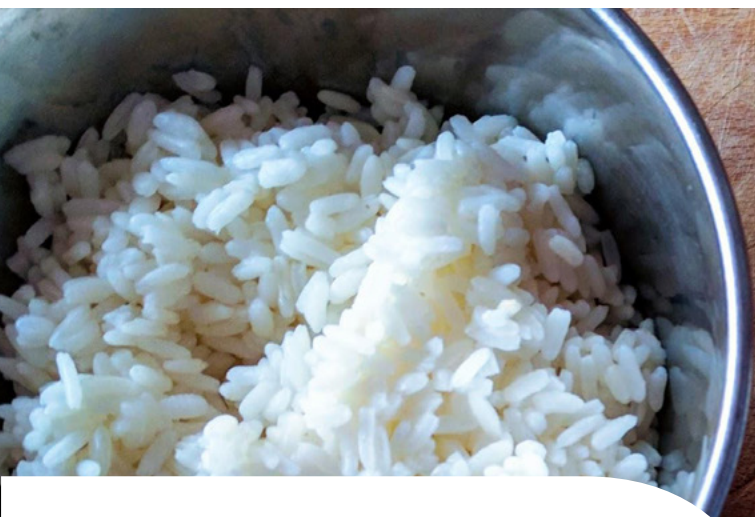
1. If using dried chipotle peppers, rehydrate by adding boiled water and cover for 20 min.
2. Sautée onion for 7 minutes in a large pan on medium-high heat with some water.
3. Scrape out the seeds and membrane stuff in the chipotle peppers.
And don't throw away the water!
4. Add minced garlic, finely chopped rehydrated peppers (or puree), tomato puree and spices and let fry for 3 minutes.
5. Add cubed sweet potato, can of tomatoes, lentils and vegetable stock and let cook for 40 minutes or until lentils are soft.
6. If more liquid is needed I like to go in with the chipotle juice you reserved earlier.
7. Salt and pepper to taste and squeeze in juice of one lime. Serve with rice and garnish with cilantro and avocado.

SERVING SIZE

1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 423 kcal
Protein = 20.2 g
Fat = 1.9 g
Carbs = 84.9 g



DAL

INGREDIENTS:

- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 medium onion, chopped finely (110 g)
- 3 garlic cloves, minced
- Thumb-sized piece ginger, grated
- 2 green chilies, sliced thinly
- 2 teaspoon turmeric
- 0.5 teaspoon garam masala
- 0.5 teaspoon coriander
- 1 stick cinnamon
- 2 medium tomatoes, chopped small (250 g)
- 200 g uncooked red lentils, rinsed
- 50 g cashew nuts
- Salt and pepper to taste

INSTRUCTIONS:

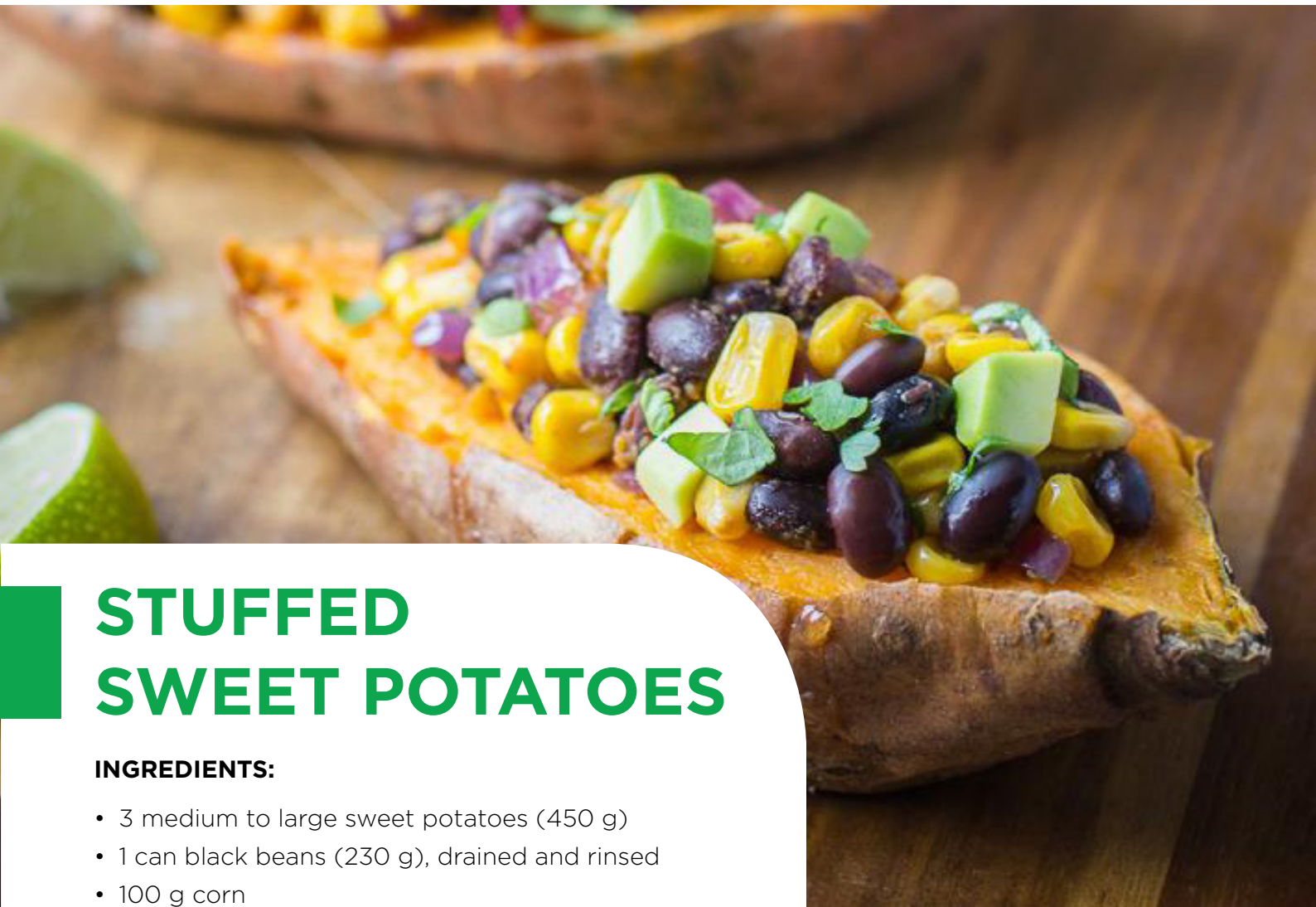
1. Add the mustard and cumin seeds to a large pan on medium-high heat and let toast for two minutes.
2. Add onion with some water and sautee for 5 minutes.
3. Add garlic, ginger and chilies and let cook for 2 minutes.
4. Now go in with dry spices, stick of cinnamon, bay leaves and the tomato. Let flavors mix and develop for another 2 minutes.
5. Add the red lentils and 500 ml / 2 cups of water. For a runnier consistency, add more water.
6. Blitz the 50 g of cashew nuts with a bit of water in a food blender or mixer. Then add this to the dal and stir in.
7. Let simmer for 30-40 minutes until lentils have completely disintegrated. Salt to taste.
8. Serve with rice or naan bread. Both if you can't decide. Garnish with cilantro.

SERVING SIZE

1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 346 kcal
Protein = 19.7 g
Fat = 8.9 g
Carbs = 50.3 g



STUFFED SWEET POTATOES

INGREDIENTS:

- 3 medium to large sweet potatoes (450 g)
- 1 can black beans (230 g), drained and rinsed
- 100 g corn
- 1 medium tomato (110 g), chopped
- 1/2 onion (50 g), chopped finely
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- Tahini sauce:
- 2 tbsp tahini
- 2 tbsp water
- Juice of half a lemon
- Coriander for garnish

SERVING SIZE

1/3 recipe
(adjust if you want)

MACRONUTRIENT BREAKDOWN PER SERVING:

Calories = 328 kcal
Protein = 11.7 g
Fat = 5.9 g
Carbs = 60.4 g

INSTRUCTIONS:

1. Wash the sweet potatoes, prick each with a fork and bake on a lined baking sheet for 60 minutes or so.
2. When done remove sweet potatoes from oven and cut in half lengthwise.
3. Fry black beans, corn, tomato, onion and dry spices in a pan on medium-high heat for 10 minutes.
4. Make tahini dressing by combining tahinin paste with water and lemon juice.
5. Fill the sweet potatoes with the bean mixture and drizzle over tahini, garnish with coriander.



CONCLUSION

Now the Secret's Out!

Now that I've shared my secret recipes, are you ready to start preparing them?

These 9 recipes honestly changed my body for the better, and I know they will do the same for you.

If you vegan body building one step at a time, you'll have a moment just like I did when I saw my high school physique finally comeback since turning vegan. I believe in you!

Don't forget to keep checking out [VeganLiftz](#) for more advice, tips, workouts, and even motivation on your vegan bodybuilding journey.