



Vegan Keto Recipes and 5-Day Meal Plan

Content taken from the [Vegan Keto Recipes and 5-Day Meal Plan](#) blog article. You can [find related articles here](#).

Meal Plan Overview

Day 1

- **Breakfast:** Tofu Scramble with Broccoli
- **Lunch:** Beetroot and Toasted Pecan Salad with Balsamic Horseradish Dressing
- **Dinner:** Baked Portobello Mushrooms on Cauliflower Mash
- **Snack:** Chia Pudding

Day 2

- **Breakfast:** Coconut Yogurt with Hemp Hearts, Chia Seeds, and Raspberries
- **Lunch:** Mushroom and Thyme Soup
- **Dinner:** Vegan Keto Curry
- **Snack:** Vegan Fat Bombs

Day 3

- **Breakfast:** Coconut Flour Waffles with Peanut Butter
- **Lunch:** Caramelised Onion Salad
- **Dinner:** Cabbage Rolls
- **Snack:** Vegan Keto Protein Bars

Day 4

- **Breakfast:** Tahini Bagel with Vegan Cream Cheese
- **Lunch:** Tofu Miso Soup
- **Dinner:** Vegan Keto Chili
- **Snack:** Raspberry Pie

Day 5

- **Breakfast:** Vegan Keto Porridge
- **Lunch:** Tofu Quiche
- **Dinner:** Vegan Keto Pad Thai
- **Snack:** Dairy-Free Chocolate Silk Pie

Day 1

Breakfast

Tofu Scramble with Broccoli

Ingredients

- 225g/8oz firm tofu
- 200g/1½ cups broccoli
- 2 tbsp oil
- Salt, pepper, and turmeric powder to taste

Method

Heat oil in a frying pan. Crumble tofu into bite-sized pieces and add to the pan. Add seasonings and stir as it cooks over medium-high heat for 5-10 minutes. Serve with steamed broccoli.

Nutrition

- **Calories:** 470
- **Net Carbohydrates:** 7g
- **Fat:** 38g
- **Protein:** 24.5g

Lunch

Beetroot and Toasted Pecan Salad with Balsamic Horseradish Dressing

Ingredients

- 270g/2 cups baby spinach
- 35g/¼ cup roasted beets
- 2 tbsp toasted pecans
- Vegan goat cheese, to taste

Dressing

- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tsp horseradish
- Salt & pepper, to taste

Method

Combine spinach, beets, and toasted pecans. Crumble vegan goat cheese over top. Combine dressing ingredients and toss with salad.

Nutrition

- Calories: 404
- Net carbohydrates: 12g
- Fat: 37.3g
- Protein: 4g

Dinner

Baked Portobello Mushrooms on Cauliflower Mash

Ingredients

- 1 portobello mushroom
- 1 tbsp tamari sauce
- 1 tbsp balsamic vinegar
- 1 clove garlic, minced

Cauliflower Mash

- 270g/2 cups riced cauliflower
- 1 tbsp oil
- 1 tsp parsley

Method

Preheat oven to 200°C/400°F. Combine tamari, vinegar, and garlic. Add mushroom and marinade for 15 minutes. Bake mushroom for 15 minutes. Flip and bake for another 15 minutes.

To make the cauliflower mash, heat oil in a frying pan. Add cauliflower and stir for 2-5 minutes, until softened. Add parsley.

Nutrition

- Calories: 338
- Net carbohydrates: 15g
- Fat: 27.7g
- Protein: 5.9g

Snack

Chia Pudding

Ingredients

- 70g/½ cup cashew cream
- 2 tbsp chia seeds
- ¼ tsp vanilla
- ¼ tsp stevia
- Dash of salt
- 1 tbsp peanut butter

Method

Blend cashew cream, chia seeds, vanilla, stevia and salt. Refrigerate overnight. Add peanut butter and enjoy. Makes two servings.

Nutrition

- Calories: 217
- Net carbohydrates: 6.2g
- Fat: 14.5g
- Protein: 7g

Day 2

Breakfast

Coconut Yogurt with Hemp Hearts, Chia Seeds, and Raspberries

Ingredients

- 1 can coconut milk
- 2 probiotic capsules
- 2 tbsp hemp hearts
- 1 tbsp chia seeds
- 70g/½ cup raspberries

Scoop the solid coconut cream out of the can and into a glass container. Stir in the coconut water to reach the desired thickness. Open and empty the contents of the probiotic capsules into the container, discarding the capsules themselves. Stir with a ceramic spoon. Cover the container tightly with a towel, tightening with an elastic band. Let sit for 24 to 48 hours, keeping away from sunlight. Place yoghurt in the fridge for two hours to thicken. Add remaining ingredients and enjoy! Makes two servings.

Nutrition

- Calories: 359
- Net carbohydrates: 7.4g
- Fat: 31.4g
- Protein: 8.8g

Lunch

Mushroom and Thyme Soup

Ingredients

- 1 tbsp oil
- 35g/¼ cup diced onions
- 135g/1 cup diced button mushrooms
- 70g/½ cup diced cremini mushrooms
- 2 tbsp fresh thyme
- 60ml/¼ cup almond milk
- 120ml/½ cup vegetable broth
- Salt and pepper to taste

Method

Heat oil in a skillet and cook onions on medium heat for 5 minutes. Add mushrooms, stir, and cook for another 5 minutes. Stir in thyme and continue cooking for 10 minutes. Add remaining ingredients and simmer for 15 minutes.

Nutrition

- Calories: 206
- Net carbohydrates: 15g
- Fat: 14.6g
- Protein: 5g

Dinner

Vegan Keto Curry

Ingredients

- 225g/8oz firm tofu, chopped
- 135g/1 cup red pepper strips
- 135g/1 cup broccoli
- 135g/1 cup spinach
- 2 tbsp coconut oil
- 1 can coconut milk
- 1 tbsp red curry paste
- 1 tbsp almond butter
- 1 tbsp ginger, minced
- 1 clove garlic, minced

Method

Melt coconut oil over medium heat. Add ginger, garlic, red pepper, and broccoli. Stir for 30 seconds. Add coconut milk, curry paste, almond butter, and tofu. Stir and cook for 10 minutes or until the sauce thickens. Stir in spinach and remove from heat. Makes two servings.

Nutrition

- Calories: 597
- Net carbohydrates: 11.5g
- Fat: 52g
- Protein: 18.4g

Snack

Vegan Fat Bombs

Ingredients

- 70g/½ cup coconut oil
- 70g/½ cup almond butter

- 70g/½ cup unsweetened cocoa

Method

Blend ingredients and portion into mini muffin cups. Makes 12 servings.

Nutrition

- Calories: 159
- Net carbohydrates: 2g
- Fat: 15.5g
- Protein: 2.7g

Day 3

Breakfast

Coconut Flour Waffles with Peanut Butter

Ingredients

- 1 tbsp chia seeds, mixed with water
- 45g/½ cup coconut flour
- 70g/½ cup oat flour
- 1 ½ tsp baking powder
- 70g/½ tsp cinnamon
- 2 tsp vanilla
- 70g/½ tsp stevia
- 2 tbsp coconut oil, melted
- 230ml/1 cup coconut milk
- Dash of salt
- 1 tbsp peanut butter, for topping

Method

Combine dry ingredients in a large bowl. In a separate bowl, combine coconut oil, vanilla, stevia, coconut milk, and chia mixture. Stir wet ingredients into dry ingredients. Add batter to a heated and greased waffle iron. Yields five waffles. Top with peanut butter.

Nutrition

- Calories: 291
- Net carbohydrates: 15.2g
- Fat: 18g
- Protein: 6.5g

Lunch

Caramelised Onion Salad

Ingredients

- 2 tbsp olive oil, separated
- ½ large red onion
- 1 ½ tbsp balsamic vinegar, separated
- 2 tbsp walnut pieces, toasted
- 400g/3 cups arugula
- Salt and pepper, to taste

Method

Caramelize onions by heating 1 tbsp oil in a large skillet over medium-high heat. Add onions and sauté for 20 minutes, stirring frequently. Add ½ tbsp balsamic vinegar and stir. Create a

dressing by combining the remaining oil and vinegar, and seasoning with salt and pepper. Add arugula, walnuts, and onions to a large bowl. Toss with dressing.

Nutrition

- Calories: 446
- Net carbohydrates: 19g
- Fat: 37.5g
- Protein: 5g

Dinner

Cabbage Rolls

Ingredients

- 1 head leafy cabbage
- 2 tbsp oil
- 680g/5 cups mushrooms, chopped
- 135g/1 cup zucchini, chopped
- 70g/½ cup green pepper, chopped
- 230ml/1 cup vegetable broth
- ½ tsp basil
- ½ tsp thyme
- Salt and pepper, to taste
- 70g/½ cup tomato sauce

Method

Preheat oven to 200°C/400°F. Bring a large pot of water to the boil. Remove the core of the cabbage and boil until the leaves start to fall off. Cut the thick vein from eight leaves. Heat oil in a saucepan and add the mushrooms, zucchini, pepper, and basil. Add broth and season with salt and pepper to taste. Boil for 5 minutes. Take off the heat and leave to stand for another 5 minutes. Place 45g/⅓ cup of the vegetable filling onto each cabbage leaf. Fold in the sides and roll. Pour half of the tomato sauce into a dish. Add cabbage rolls and pour the remaining tomato sauce over top. Cover and bake for 15 minutes. Yields 4 servings.

Nutrition

- Calories: 100
- Net carbohydrates: 5g
- Fat: 7.5g
- Protein: 4g

Snack

Vegan Keto Protein Bars

Ingredients

- 70g/½ cup coconut flour
- 2 scoops vegan keto protein powder
- 135g/1 cup almond butter
- 135g/1 cup peanut butter
- 120ml/½ cup monk fruit syrup

Method

Line an 8” by 8” pan with parchment paper. In a mixing bowl, combine dry ingredients. In a separate bowl, blend almond butter, peanut butter, and monk fruit syrup. Add to dry ingredients and mix well. Press firmly into lined pan. Refrigerate until firm, then cut into squares. Yields 24 bars.

Nutrition

- Calories: 153
- Net carbohydrates: 3.2g
- Fat: 12g
- Protein: 6.3g

Day 4

Breakfast

Tahini Bagel with Vegan Cream Cheese

Ingredients

- 35g/¼ cup ground flax
- 35g/¼ cup psyllium husk powder
- 35g/¼ cup almond flour
- 1 tsp baking powder
- 70g/½ cup tahini
- 235ml/1 cup water
- ½ tsp salt
- Vegan cream cheese, to taste

Method

Heat oven to 190°C/375°F degrees. In a large bowl, combine dry ingredients. Add wet ingredients and mix. Divide dough into 4 balls and bake for 45 minutes. Slice and serve one bagel with 2 tbsp vegan cream cheese.

Nutrition

- Calories: 460
- Net carbohydrates: 7.5g
- Fat: 44g
- Protein: 13

Lunch

Tofu Miso Soup

Ingredients

- 475ml/2 cups vegetable broth
- 35g/¼ cup miso
- 70g/½ cup firm tofu, diced
- 70g/½ cup green onion
- 70g/½ cup spinach

Method

Bring broth to a simmer in a large pot. Add miso to a small cup of hot water and whisk. Add the onion, spinach, and tofu to the broth. Simmer for 5 minutes. Remove from heat and blend in the miso mixture.

Nutrition

- Calories: 247

- Net carbohydrates: 22g
- Fat: 10g
- Protein: 20g

Dinner

Vegan Keto Chilli

Ingredients

- 2 tbsp oil
- 35g/¼ cup onion, chopped
- 1 tsp garlic, minced
- 200g/1 ½ cups black soybeans, rinsed
- 135g/1 cup kale, chopped
- 350ml/1 ½ cups vegetable broth
- 35g/¼ cup tomato paste
- 2 tbsp chilli powder
- 1 tsp salt

Method

Heat oil in a medium saucepan, over medium heat. Add onion and cook until translucent. Add remaining ingredients and simmer for 20 minutes, stirring frequently. Yields two servings.

Nutrition

- Calories: 359
- Net carbohydrates: 12g
- Fat: 23g
- Protein: 20g

Snack

Raspberry Pie

Ingredients

Crust

- 70g/½ cup unsweetened, shredded coconut
- 135g/1 cup roasted cashews
- 1 ½ tbsp monk fruit syrup
- 1 tsp vanilla
- ½ tsp salt

Filling

- 135g/1 cup roasted cashews, soaked in water
- 70g/½ cup coconut oil
- 120ml/½ cup coconut cream
- 120ml/½ cup monk fruit syrup
- 400g/3 cups raspberries
- 60ml/¼ cup lemon juice
- 2 tsp vanilla
- ½ tsp salt

Method

To make the crust, blend ingredients and press into muffin liners. Refrigerate.

To make the filling, combine all ingredients and blend until smooth. Add 35g/¼ cup filling to each muffin cup. Refrigerate until firm. Yields 12 servings.

Nutrition

- Calories: 171
- Net carbohydrates: 8g
- Fat: 14g
- Protein: 4g

Day 5

Breakfast

Vegan Keto Porridge

Ingredients

- 2 tbsp coconut flour
- 2 tbsp ground flax
- 2 tbsp vegan protein powder
- 230ml/1 cup unsweetened almond milk
- Stevia, to taste

Method

Mix together coconut flour, flax, and protein powder. Add to a saucepan with almond milk and cook over medium heat until thickened. Add stevia to taste.

Nutrition

- Calories: 189
- Net carbohydrates: 3.3g
- Fat: 11.2g
- Protein: 16g

Lunch

Tofu Quiche

Ingredients

- 1 tbsp oil
- 70g/½ cup mushrooms
- 70g/½ cup peppers
- 135g/1 cup spinach
- 225g/8oz firm silken tofu, chopped
- 3 tbsp nutritional yeast
- ½ tsp salt
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp turmeric
- 120ml/½ cup water

Method

Preheat oven to 190°C/375°F degrees. Heat oil in a skillet over medium-high heat. Add vegetables and sauté for 5 to 10 minutes. Combine tofu and all remaining ingredients and

blend until smooth. Add tofu mixture to the skillet and combine. Pour mixture into a greased pie plate and place in oven. Reduce heat to 175°C/350°F degrees and cook for 30 minutes. Allow to cool for 10 minutes before serving. Makes 12 servings.

Nutrition

- Calories: 375
- Net carbohydrates: 12g
- Fat: 22g
- Protein: 35g

Dinner

Vegan Keto Pad Thai

Ingredients

- 2 tbsp coconut milk
- 1 tbsp lime juice
- 1 tbsp sesame oil
- 2 tbsp soy sauce
- 1 tbsp hot sauce
- 1 tbsp oil
- 400g/3 cups shredded cabbage
- 70g/½ cup bean sprouts
- 35g/¼ cup green onions, chopped
- 35g/¼ cup toasted peanuts

Method

Combine coconut milk, lime juice, sesame oil, soy sauce, and hot sauce in a small bowl and set aside. Heat oil in a skillet and add shredded cabbage. Sauté for 2 minutes. Add sauce mixture and bean sprouts and stir. Heat throughout. Serve topped with green onions and peanuts. Makes two servings.

Nutrition

- Calories: 313
- Net carbohydrates: 12g
- Fat: 25g
- Protein: 10g

Snack

Dairy-Free Chocolate Silk Pie

Ingredients

Crust:

- 70g/½ cup almond flour
- 3 tbsp coconut oil
- 3 tbsp monk fruit syrup
- Dash of salt

Filling

- 230ml/1 cup coconut cream
- 70g/½ cup almond butter
- 200g/1 ½ cups firm silken tofu
- 135g/1 cup vegan chocolate chips, melted

Method

To make the crust, combine ingredients and press into a pie plate. Freeze.

To make the filling, blend the coconut cream, almond butter, and tofu with the melted chocolate chips. Pour filling into crust and chill overnight.

Nutrition

- Calories: 212
- Net carbohydrates: 8.9g
- Fat: 17.3g
- Protein: 16.9g

For more information on the vegan keto diet, you can follow our

[Vegan Ketogenic Diet Diploma Course](#).

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