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THE 10-RECIPE KIT

I Went Vital - 10 High-Protein Plant-Based Recipes

Real protein, real food, no animal products. Ten reader favorites with full macros on every page - protein, carbs, and fat per serving.



Inside: 10 full recipes from 18g to 40g of protein per serving, plus a protein cheat sheet with the best plant proteins per serving.

Every recipe is strictly plant-based - no meat, fish, dairy, eggs, honey, gelatin, or whey. Just tofu, tempeh, lentils, beans, grains, nuts, and seeds doing the heavy lifting.

WELCOME

Protein was the hard part. This kit fixes that.

I went plant-based in early 2020, after watching *The Game Changers* on Netflix. I told myself I would try it for one week. The food was easy - vegetables, grains, beans, sauces I already loved. The hard part was never the diet. It was replacing the protein.

Every question pointed the same way: where do you get your protein? For the first few months, I honestly was not getting enough. I felt it in the gym and in my recovery. So I learned, recipe by recipe, how to build plant-based meals that actually deliver - tofu and tempeh done right, lentils and split peas, peanut butter, hemp seeds, and nutritional yeast.

These 10 recipes are the ones that solved it for me. The scramble hits 40g of protein. The tempeh bowl hits 39g. Even breakfast - overnight oats and a chocolate peanut butter smoothie - lands at 20g and 33g. Every page shows the full macros per serving: protein, carbs, and fat. No guessing.

Cook one this week. Then cook the next. That is how this stops being a diet and starts being just how you eat.

In this kit

1. Maple-Glazed Tofu Roast with Rosemary & Sesame
31g protein per serving

2. Herb-Crusted Lentil-Mushroom Loaf with Maple-Cranberry Glaze
18g protein per serving

3. Rainbow Chickpea Buddha Bowl with Tahini-Lemon Dressing
18g protein per serving

4. Peanut Tempeh Skewers with Sweet Potato Quinoa Bowl
39g protein per serving

5. High-Protein Tofu Scramble with Black Beans
40g protein per serving

6. Peanut Butter Banana Overnight Oats
20g protein per serving

7. Creamy Split Pea and Mushroom Soup with Smoked Tofu
30g protein per serving

8. Lentil Bolognese with Whole Wheat Spaghetti
28g protein per serving

9. Cranberry Orange Glazed Tofu with Roasted Vegetables
28g protein per serving

10. Chocolate Peanut Butter Protein Smoothie
33g protein per serving

How to use the macros: protein, carbs, and fat are per serving, exactly as published with each recipe at iwentvital.com. Times include prep and cook; total time is shown on every recipe page.

RECIPE 1 OF 10

Maple-Glazed Tofu Roast with Rosemary & Sesame



Pressed tofu, cut into generous cubes and roasted in a maple-tamari glaze, turns sticky, caramelized and deeply savory — the kind of main that gets passed around the table twice. Fresh rosemary and toasted sesame finish it. At 31g of protein per serving, it anchors the whole holiday plate.

31g PROTEIN	18g CARBS	25g FAT	per serving FULL MACROS

Prep: 30 min | **Cook:** 30 min | **Total:** 60 min | **Serves:** 4

Ingredients

- **2 blocks (800 g total)** extra-firm tofu, pressed 20 minutes
- **3 tbsp (60 ml)** maple syrup
- **2 tbsp (30 ml)** tamari or soy sauce
- **1 tbsp (15 ml)** Dijon mustard
- **2 tbsp (30 ml)** olive oil
- **1 tbsp (15 ml)** apple cider vinegar
- **3 cloves** garlic, finely grated
- **1 tsp** smoked paprika
- **1 tbsp** fresh rosemary leaves, chopped, plus sprigs to serve
- **2 tbsp (18 g)** sesame seeds
- **1/2 tsp** black pepper
- **1/2 tsp** fine sea salt

Method

1. Heat the oven to 425°F (220°C) and line a baking sheet with parchment.
2. Cut the pressed tofu into 1-inch (2.5 cm) cubes and pat dry.
3. Whisk the maple syrup, tamari, mustard, olive oil, vinegar, garlic, smoked paprika, chopped rosemary, salt and pepper in a large bowl.
4. Add the tofu cubes and toss gently until every piece is coated. Let it sit 10 minutes so the glaze soaks in.
5. Spread the cubes in a single layer on the baking sheet, leaving space between them, and pour any leftover glaze over the top.
6. Roast 25-30 minutes, turning once halfway, until the edges are deeply golden and sticky.
7. Sprinkle with sesame seeds and rosemary sprigs and serve hot, spooning any pan glaze over the top.

RECIPE 2 OF 10

Herb-Crusted Lentil-Mushroom Loaf with Maple-Cranberry Glaze



Every Thanksgiving table needs a centerpiece worth gathering around. This loaf is rich, savory and sliceable, with earthy mushrooms, toasted walnuts, sage and thyme under a glossy maple-cranberry glaze. It holds its shape beautifully and feeds a crowd - no meat, fish, dairy or eggs needed.

18g PROTEIN	58g CARBS	16g FAT	per serving FULL MACROS

Prep: 30 min | **Cook:** 75 min | **Total:** 105 min | **Serves:** 8

Ingredients

- **2 cups** dried brown or green lentils, rinsed
- **2 tbsp** olive oil
- **1 large** onion, finely chopped
- **3 cloves** garlic, minced
- **450 g** cremini mushrooms, finely chopped
- **2 medium** carrots, grated
- **2 stalks** celery, finely chopped
- **1 cup** walnuts, toasted and finely chopped
- **1 cup** rolled oats
- **1/2 cup** oat flour
- **2 tbsp** ground flaxseed mixed with 6 tbsp water
- **2 tbsp** tomato paste
- **2 tbsp** tamari or soy sauce
- **1 tbsp** balsamic vinegar
- **2 tsp** dried sage
- **1 tsp** dried thyme
- **1 tsp** fresh rosemary, finely chopped
- **1/2 tsp** smoked paprika
- **1 tsp** salt
- **1/2 tsp** black pepper
- **Glaze: 1/2 cup** whole-berry cranberry sauce
- **Glaze: 2 tbsp** maple syrup
- **Glaze: 1 tbsp** balsamic vinegar
- **Glaze: 1 tsp** Dijon mustard

Method (continued on next page)

1. Heat the oven to 375F (190C). Line a 9 x 5-inch (23 x 13 cm) loaf pan with parchment paper, leaving an overhang on the long sides so the loaf lifts out easily.
2. Put the lentils in a large saucepan with 4 cups of water or vegetable stock. Bring to a boil, then simmer for 20-25 minutes, until tender but still holding their shape. Drain very well, then mash about half of the lentils with a fork or potato masher.
3. While the lentils cook, stir the ground flaxseed and water together in a small bowl and leave for 10 minutes to thicken into a gel.
4. Heat the olive oil in a large pan over medium heat. Cook the onion for about 5 minutes until soft, add the garlic and cook for 1 minute more, then add the mushrooms and cook for 8-10 minutes, until browned and all their liquid has evaporated. Stir in the carrots and celery and cook for 4-5 minutes more, until just tender. Season lightly with salt and pepper.

Herb-Crusted Lentil-Mushroom Loaf with Maple-Cranberry Glaze

Method, continued

5. Tip the lentils, mushroom mixture, walnuts, rolled oats, oat flour, flaxseed mixture, tomato paste, tamari, balsamic vinegar, sage, thyme, rosemary, smoked paprika, salt and pepper into a large bowl. Mix well, taste and adjust the seasoning, then press the mixture very firmly and evenly into the lined loaf pan.
6. Whisk the cranberry sauce, maple syrup, balsamic vinegar and Dijon mustard together for the glaze. Spread half of it over the top of the loaf and bake for 50 minutes, until firm to the touch and crisp at the edges. Brush with the remaining glaze and bake for 5 minutes more.
7. Let the loaf rest in the pan for 15 minutes - this is what makes it slice cleanly - then lift it out, slice thickly and serve warm with extra glaze or cranberry sauce on the side.

Make it your own: swap the walnuts for pecans, stir in 1/2 cup of dried cranberries or chopped chestnuts, or add a pinch of chili flakes for warmth. For a gluten-free loaf, use tamari and certified gluten-free oats. Make-ahead: bake the day before, chill, then reheat covered at 350F (175C) for 20 minutes, or freeze slices and reheat them straight from frozen.

Macros per serving: 18g protein, 58g carbs, 16g fat. Serves 8.

RECIPE 3 OF 10

Rainbow Chickpea Buddha Bowl with Tahini-Lemon Dressing



This is the bowl I make when the fridge is full of little bits of everything: crispy spiced chickpeas, fluffy quinoa, crunchy cabbage and carrot, silky avocado and a big handful of greens - all pulled together by a creamy tahini-lemon dressing. It is colorful, filling and endlessly adaptable.

18g PROTEIN	78g CARBS	37g FAT	per serving FULL MACROS

Prep: 20 min | **Cook:** 25 min | **Total:** 45 min | **Serves:** 2

Ingredients

- **1 can (400 g)** chickpeas, drained, rinsed and patted dry
- **1 tbsp** olive oil
- **1 tsp** smoked paprika
- **1/2 tsp** ground cumin
- **1/2 tsp** garlic powder
- **To taste** salt and black pepper
- **1 cup** cooked quinoa
- **2 cups** chopped kale
- **1 cup** shredded red cabbage
- **1 large** carrot, peeled into ribbons
- **1** avocado, sliced
- **1 tbsp** sesame seeds, to serve
- **Dressing: 3 tbsp** tahini
- **Dressing: juice of 1** lemon
- **Dressing: 1 tbsp** maple syrup
- **Dressing: 1 small clove** garlic, finely grated
- **Dressing: 2-3 tbsp** cold water, to loosen
- **Dressing: pinch** salt

Method

1. Heat the oven to 400F (200C). Toss the chickpeas with the olive oil, smoked paprika, cumin, garlic powder, salt and pepper, spread on a baking tray and roast for 20-25 minutes, shaking halfway, until crisp at the edges.
2. While the chickpeas roast, whisk the tahini, lemon juice, maple syrup, garlic and salt together, then add water a spoonful at a time until the dressing runs in a smooth ribbon.
3. Massage the kale with a squeeze of lemon and a pinch of salt for about 30 seconds, until it softens and turns bright green.
4. Build the bowls: quinoa first, then kale, red cabbage, carrot ribbons, avocado and the warm chickpeas.
5. Drizzle generously with dressing, scatter over the sesame seeds and serve straight away.

RECIPE 4 OF 10

Peanut Tempeh Skewers with Sweet Potato Quinoa Bowl



Tempeh turns golden and sticky on a skewer, then lands on a warm bowl of quinoa, roasted sweet potato and red cabbage with peanut sauce over everything. It is the kind of dinner that makes a weeknight feel like a win.

39g PROTEIN	80g CARBS	45g FAT	per serving FULL MACROS

Prep: 20 min | **Cook:** 30 min | **Total:** 50 min | **Serves:** 4

Ingredients

- **2 blocks (8 oz / 225 g each)** tempeh, cut into cubes
- **3 tbsp (45 ml)** soy sauce, divided
- **2 tbsp (30 ml)** maple syrup, divided
- **1 tbsp (15 ml)** rice vinegar
- **1 tsp** garlic powder
- **1 tsp** smoked paprika
- **1 tbsp (15 ml)** sesame oil
- **1/2 cup (120 g)** smooth peanut butter
- **2 tbsp (30 ml)** lime juice
- **1/4 cup (60 ml)** warm water
- **2 medium (400 g)** sweet potatoes, cubed
- **1 tbsp (15 ml)** olive oil
- **1 cup (190 g)** quinoa, rinsed
- **2 cups (480 ml)** water or vegetable broth
- **2 cups (60 g)** shredded red cabbage
- **1 (150 g)** avocado, sliced
- **2 tbsp (20 g)** sesame seeds
- **To serve** lime wedges and cilantro

Method

1. Heat the oven to 400°F (200°C). Toss the sweet potatoes with olive oil and salt on a lined baking sheet and roast for 25 minutes, until tender and crisp at the edges.
2. Meanwhile, whisk 2 tablespoons of the soy sauce with 1 tablespoon of the maple syrup, the rice vinegar, garlic powder and smoked paprika. Toss the tempeh cubes in the marinade and thread them onto skewers.
3. Cook the quinoa in the water or broth: bring to a boil, cover, and simmer for 15 minutes. Rest 5 minutes, then fluff with a fork.
4. Whisk the peanut butter with the lime juice, the remaining soy sauce and maple syrup, then add warm water a spoon at a time until it runs off the spoon in a ribbon.
5. Heat the sesame oil in a large pan over medium-high heat. Cook the skewers for 2 to 3 minutes per side, until browned and sticky.
6. Build the bowls: quinoa, roasted sweet potato and red cabbage, then the skewers on top. Drizzle with peanut sauce, scatter sesame seeds, and serve with avocado, lime and cilantro.

RECIPE 5 OF 10

High-Protein Tofu Scramble with Black Beans



This is the weekend breakfast that eats like a full meal. Crumbled tofu with turmeric and smoked paprika, a full can of black beans, spinach and mushrooms — 40g of protein per plate and no eggs in sight. Serve it with toast and it will hold you until well past lunch.

40g PROTEIN	49g CARBS	19g FAT	per serving FULL MACROS

Prep: 10 min | **Cook:** 15 min | **Total:** 25 min | **Serves:** 2

Ingredients

- **400 g** firm tofu, drained and crumbled
- **1 can (400 g)** black beans, drained and rinsed
- **1 tbsp (14 ml)** olive oil
- **1 (150 g)** onion, finely chopped
- **150 g** mushrooms, sliced
- **2 cloves** garlic, minced
- **2 tbsp (16 g)** nutritional yeast
- **1 tsp (3 g)** ground turmeric
- **1 tsp (2 g)** smoked paprika
- **1/2 tsp (1 g)** ground cumin
- **100 g** baby spinach
- **1 (120 g)** tomato, diced
- **To taste** salt and black pepper

Method

1. Heat the olive oil in a large skillet over medium heat and cook the onion for 3 minutes until soft.
2. Add the mushrooms and garlic and cook 4 minutes until the mushrooms release their liquid and start to brown.
3. Crumble in the tofu, then add the turmeric, smoked paprika, cumin and nutritional yeast. Cook 5 minutes, stirring, until the tofu is golden at the edges.
4. Stir in the black beans and tomato and cook 3 minutes until heated through.
5. Fold in the spinach until just wilted, season with salt and pepper, and serve hot.

RECIPE 6 OF 10

Peanut Butter Banana Overnight Oats



This is the overnight oats jar for people who want breakfast to actually fill them up. Peanut butter, soy milk, chia and hemp seeds push it to 20g of protein per serving, and the banana keeps it sweet without needing much maple syrup. Stir it together tonight, grab it from the fridge in the morning.

20g PROTEIN	66g CARBS	22g FAT	per serving FULL MACROS

Prep: 10 min | **Cook:** No cook | **Total:** 10 min | **Serves:** 2

Ingredients

- **1 cup (90 g)** rolled oats
- **1 cup (240 ml)** soy milk
- **2 tbsp (24 g)** chia seeds
- **2 tbsp (32 g)** peanut butter, plus more to serve
- **2 tbsp (20 g)** hemp seeds
- **1 tbsp (20 ml)** maple syrup
- **1 tsp (5 ml)** vanilla extract
- **Pinch** fine sea salt
- **1** ripe banana, sliced

Method

1. Whisk the soy milk, peanut butter, maple syrup, vanilla and salt in a bowl or jar until the peanut butter loosens into the milk.
2. Stir in the oats, chia seeds and hemp seeds until everything is evenly coated.
3. Fold in half the sliced banana, cover, and refrigerate at least 4 hours or overnight.
4. Top with the remaining banana and an extra spoonful of peanut butter before serving.

RECIPE 7 OF 10

Creamy Split Pea and Mushroom Soup with Smoked Tofu



Split peas are the quiet protein hero of the pantry: cheap, filling, and 30 grams of protein per bowl once the smoked tofu and pumpkin seeds join in. This one tastes like a winter weekend.

30g PROTEIN	60g CARBS	15g FAT	per serving FULL MACROS

Prep: 15 min | **Cook:** 45 min | **Total:** 60 min | **Serves:** 4

Ingredients

- **2 tbsp (30 ml)** olive oil
- **1 (150 g)** yellow onion, diced
- **2 (120 g)** carrots, diced
- **2 stalks (80 g)** celery, diced
- **3 cloves** garlic, minced
- **1 1/2 cups (300 g)** dried green split peas, rinsed
- **8 oz (225 g)** cremini mushrooms, sliced
- **5 cups (1.2 L)** vegetable broth
- **1 tbsp (15 g)** tomato paste
- **1 tsp** dried thyme
- **1** bay leaf
- **7 oz (200 g)** smoked tofu, cubed
- **1 tbsp (15 ml)** lemon juice
- **2 tbsp (30 g)** pumpkin seeds, to serve
- **To taste** salt and black pepper

Method

1. Warm the olive oil in a large pot over medium heat. Add the onion, carrots and celery and cook for 6 minutes, until softened.
2. Stir in the garlic, tomato paste and thyme. Cook for 1 minute, until fragrant.
3. Add the split peas, mushrooms, vegetable broth and bay leaf. Bring to a boil, then lower the heat, cover, and simmer for 40 minutes, until the peas are completely soft.
4. Remove the bay leaf. Blend half the soup smooth and stir it back in for a thick, creamy texture with some bite left.
5. Stir in the smoked tofu and lemon juice. Simmer for 3 more minutes to warm the tofu through.
6. Season with salt and black pepper. Serve scattered with pumpkin seeds.

RECIPE 8 OF 10

Lentil Bolognese with Whole Wheat Spaghetti



This is the Bolognese that converts skeptics: brown lentils and walnuts simmered low and slow in tomato passata until the sauce turns deeply savory. Whole wheat spaghetti adds fiber and keeps you full, and the whole pot lands on the table in under an hour.

28g PROTEIN	104g CARBS	17g FAT	per serving FULL MACROS

Prep: 15 min | **Cook:** 40 min | **Total:** 55 min | **Serves:** 4

Ingredients

- **320g (11 oz)** whole wheat spaghetti
- **200g (1 cup / 7 oz)** dried brown lentils, rinsed
- **40g (1/3 cup)** walnuts, finely chopped
- **400g (14 oz)** tomato passata
- **2 tbsp (30g)** tomato paste
- **1 (150g)** onion, diced
- **2 (120g)** carrots, diced
- **2 stalks (80g)** celery, diced
- **4 cloves** garlic, minced
- **2 tbsp (30 ml)** olive oil
- **2 tbsp (10g)** nutritional yeast
- **500 ml (2 cups)** vegetable stock
- **1 tsp** dried oregano
- **1 tsp** smoked paprika
- **1** bay leaf
- **To taste** salt and black pepper
- **To serve** fresh parsley

Method

1. Heat the olive oil in a large pan and cook the onion, carrot and celery for 8 minutes until softened.
2. Add the garlic, oregano and smoked paprika and cook for 1 minute until fragrant.
3. Add the lentils, walnuts, tomato paste, passata, vegetable stock and bay leaf. Simmer gently for 30 minutes until the lentils are tender and the sauce is thick.
4. Meanwhile, cook the spaghetti in a large pot of salted water until al dente. Reserve 120 ml (1/2 cup) of the pasta water before draining.
5. Stir the nutritional yeast into the sauce, season well and remove the bay leaf.
6. Toss the spaghetti through the sauce, loosening with a splash of pasta water, and serve scattered with fresh parsley.

RECIPE 9 OF 10

Cranberry Orange Glazed Tofu with Roasted Vegetables



Cubes of tofu go shatteringly crisp in a hot oven, then get tossed in a glossy cranberry-orange glaze with roasted sweet potatoes and Brussels sprouts. It is the kind of Christmas main that looks like a celebration and eats like one too — with 28g of protein per serving.

28g PROTEIN	52g CARBS	17g FAT	per serving FULL MACROS

Prep: 15 min | **Cook:** 35 min | **Total:** 50 min | **Serves:** 4

Ingredients

- **2 blocks (28 oz / 800 g)** extra-firm tofu, pressed and cubed
- **2 tablespoons (30 ml)** olive oil, divided
- **1 tablespoon (8 g)** cornstarch
- **1/2 cup (140 g)** whole-berry cranberry sauce
- **1** orange, juice and zest
- **2 tablespoons (30 ml)** maple syrup
- **1 tablespoon (15 ml)** soy sauce or tamari
- **2 medium (400 g)** sweet potatoes, cubed
- **2 cups (200 g)** Brussels sprouts, halved
- **2 (120 g)** carrots, cut into coins
- **1/2 teaspoon** fine sea salt
- **1/4 teaspoon** black pepper
- **2 tablespoons** chopped fresh parsley, to serve

Method

1. Heat the oven to 425°F (220°C). Toss the sweet potatoes, Brussels sprouts and carrots with 1 tablespoon of the oil, salt and pepper; spread on a sheet pan.
2. Toss the tofu cubes with the remaining oil and the cornstarch until evenly coated.
3. Roast the vegetables for 15 minutes, then add the tofu to the pan and roast for 20 minutes more, turning once, until crisp and caramelized.
4. Meanwhile, simmer the cranberry sauce, orange juice and zest, maple syrup and soy sauce for 5 minutes until glossy.
5. Toss the roasted tofu and vegetables with the glaze and return to the oven for 5 minutes to set.
6. Serve scattered with fresh parsley.

Chocolate Peanut Butter Protein Smoothie



This tastes like a milkshake and works like a meal. Peanut butter, cocoa and oats blend into a thick chocolate smoothie with 33g of protein per glass, so it carries you straight through to lunch.

33g PROTEIN	53g CARBS	26g FAT	per serving FULL MACROS

Prep: 5 min | **Cook:** No cook | **Total:** 5 min | **Serves:** 2

Ingredients

- **2 cups (480 ml)** unsweetened soy milk
- **1/2 cup (64 g)** natural peanut butter, no added sugar
- **1/3 cup (40 g)** rolled oats
- **3 tbsp (20 g)** unsweetened cocoa powder
- **1 large banana (120 g),** frozen in chunks
- **2 scoops (30 g)** plant-based vanilla or chocolate protein powder
- **1 tbsp (15 ml)** maple syrup
- **2 tsp (10 g)** chia seeds
- **1 cup (150 g)** ice cubes

Method

1. Add the soy milk, peanut butter, oats, cocoa powder, frozen banana, protein powder, maple syrup and chia seeds to a blender.
2. Blend on high for 45 to 60 seconds until completely smooth, stopping once to scrape down the sides.
3. Add the ice and blend again for 20 to 30 seconds until thick and frosty.
4. Taste and add a little more maple syrup if you like it sweeter. Pour into two tall glasses and serve right away.

PROTEIN CHEAT SHEET

Best plant proteins per serving

Keep this page on the fridge. These are the foods that power every recipe in this kit.

FOOD	SERVING	PROTEIN
Tofu	1 block serving	**20 g**
Tempeh	100 g (about 3.5 oz)	**~19 g**
Lentils, cooked	1 cup	**18 g**
Edamame	1 cup	**~18 g**
Chickpeas, cooked	1 cup	**15 g**
Black beans, cooked	1 cup	**~15 g**
Hemp seeds	3 tbsp	**10 g**
Quinoa, cooked	1 cup	**8 g**
Nutritional yeast	2 tbsp	**~8 g**
Peanut butter	2 tbsp	**~7 g**

How much do you need?

Most adults need roughly **0.8 g of protein per kg of body weight per day** - about 55 g for a 70 kg (155 lb) person. One scramble breakfast plus one tempeh or lentil dinner from this kit gets you most of the way there before snacks.

Three easy ways to add 10 g

- A handful of walnuts or a spoonful of peanut butter on your oats.
- A cup of edamame as an afternoon snack.
- Swap rice for quinoa, or stir a spoonful of nutritional yeast into soup.

You do not need to combine proteins at every meal. Eat a variety of plant proteins across the day and your body does the combining for you.

I WENT VITAL

KEEP COOKING

This is just the start.

All 10 recipes in this kit - and hundreds more high-protein plant-based recipes - are free at I Went Vital.

Start here: pick the recipe with the protein number you need today, cook it tonight, and come back tomorrow for the next one. New recipes land every day.

- **Breakfasts that hold you:** tofu scramble, overnight oats, and the chocolate peanut butter smoothie.
- **Dinners that anchor the table:** the lentil-mushroom loaf, maple-glazed tofu roast, and cranberry orange glazed tofu.
- **Weeknight wins:** tempeh skewer bowls, split pea soup, lentil Bolognese, and the Buddha bowl.

Get the full recipes, free

Every recipe in this kit, with photos, tips, and full macros, lives at:

https://iwentvital.com

Eat plants. Feel vital.

I Went Vital - 10 High-Protein Plant-Based Recipes. All recipes strictly plant-based. Macros are per serving as published with each recipe.