

HIGH -PROTEIN MEALS FOR EVERYDAY FITNESS

MEAL PREP PLAN

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High Protein Veg Meal Prep



RECIPE TUTORIAL-LINK

Soy + Quinoa + Salad

SOYA CURRY



- Boil: Soya chunks for 5–7 mins, rinse & squeeze
- Fry: Potatoes until golden, set aside
- Curry Base:
 - Cumin seeds, onions (golden)
 - Ginger-garlic paste + green chilies
 - Tomatoes, turmeric, coriander, red chili, salt
- Mix: Add soya + potatoes, cook with masala

VEG QUINOA



- Rinse & Cook: Quinoa (15 mins simmer)
- Sauté: Olive oil + onions + garlic
- Veggies: Carrot, bell pepper, zucchini, peas

MEXICAN SALAD



- Mix: Black beans, corn, avocado, cherry tomatoes, red onion
- Dressing: Lime juice, olive oil, salt, pepper
- Toss & Serve

PREP TIPS

- Make 4–5 containers
- Use airtight boxes for freshness
- Keep salad dressing separate until eating

Chickpea & Quinoa Tofu

Meal Prep

[RECIPE TUTORIAL-LINK](#)



SPICED CHICKPEAS

- Heat oil + onion(3-4 mins)
- Add garlic, onion & tomato paste(2-3 mins)
- Stir in chickpeas, cumin, paprika, salt, pepper (5-7 mins)
- Finish with lemon juice



QUINOA TOFU SALAD

Quinoa: Cook for 15 mins, fluff & cool

Tofu: Pan-fry cubes till golden (5-7 mins)

Veggies: Cucumber, bell pepper, cherry tomatoes, red onion, mixed greens

Dressing: Olive oil, lemon juice, ACV, Dijon mustard, salt & pepper

Assemble: Toss quinoa, tofu & veggies with dressing

PREP TIPS

- Makes 4-5 meals
- Store dressing separately to keep salad fresh
- Enjoy cold or slightly warm

WHY THIS MEAL?

High Plant Protein

- ✓ Balanced Carbs & Fats
- ✓ Colorful, Nutrient-Dense
- ✓ Easy to Prep & Store

Veg High-Protein Meal Box

Yellow Lentil & Soya Rice with Tofu

110g Protein (Per Box)

[RECIPE TUTORIAL-LINK](#)



INGREDIENTS:

Yellow Lentils – 200g (48g protein)

Soy Chunks (TVP) – 70g (35g protein)

Tofu – 300g
(24g protein)

Brown Rice – 50g
(4g protein)

Spices: Cumin, Turmeric, Chili Powder, Salt, Pepper

Aromatics: Garlic & Ginger (1 tbsp each),
Onion (1 small), Tomato (1 medium)

Oil: 1 tbsp (for cooking)

Coriander Leaves – For garnish

COOKING STEPS:

Cook Lentils:

Boil yellow lentils with water, turmeric, and salt until soft.

Make Soya Rice:

- Boil soy chunks for 10 mins, squeeze out water.
- Cook brown rice separately.
- In a pan, heat oil → add cumin, garlic, ginger, onions.
- Add tomatoes, spices, soy chunks → stir 5-7 mins.
- Mix in cooked rice.

Sauté Tofu:

Cut tofu into cubes → sauté in oil with salt & pepper until golden.

Assemble:

Pack lentils, soya rice, and tofu into the meal box. Garnish with coriander.

Protein Breakdown (Per Box):

Ingredient	Protein
Yellow Lentils	48g
Soy Chunks	35g
Tofu	24g
Brown Rice	4g
Total	100g

WHY THIS MEAL?

- ✓ 110g Plant-Based Protein
- ✓ Balanced & High-Fiber
- ✓ Perfect for Meal Prep

High-Protein Mexican Bowl

**110g Protein
(3 Servings)**

[RECIPE TUTORIAL-LINK](#)

PER SERVING:

✅ 37g Protein | ✅ ~700 Calories | ✅ 90g Carbs | ✅ 12g Fats



INGREDIENTS

(FOR 3 SERVINGS):

Protein Sources:

Soya Chunks (dry)

– 150g → 78g protein (26g/serving)



Kidney Beans (cooked)

– 225g → 21g protein (7g/serving)

Chickpeas (cooked)



– 200g → 18g protein (6g/serving)

CARBS & VEGGIES:

Basmati Rice (cooked) – 300g
(100g per meal)

Zucchini – 150g (50g per meal)

Bell Peppers – 150g (50g per meal)

Sweet Corn – 90g (30g per meal)

WHY THIS BOWL?

- ✅ High Plant Protein
- ✅ Colorful & Nutrient-Dense
- ✅ Perfect for Meal Prep

Would you like me to generate this
into

SEASONING & DRESSING:



Olive Oil – 3 tsp (1 tsp per meal)



Lime Juice – 3 tsp (1 tsp per meal)



Cumin Powder – 1 ½ tsp



Paprika – 1 ½ tsp



Salt & Pepper – to taste



Fresh Cilantro – for garnish






45g Protein Veg Meal Prep Box

High-Protein. High-Fiber. Zero Boring.

FUEL YOUR DAY WITH PLANT-POWERED PROTEIN + FIBER + FLAVOR, PERFECTLY BALANCED FOR FITNESS GOALS.



WHAT'S IN THE BOX (PER SERVING):

-  Broccoli – 100g (steamed)
-  Rice + Green Peas – 100g cooked rice + 50g peas
-  Paneer – 100g (grilled)
-  Boiled Chickpeas – 100g
-  Greek Yogurt (Side) – 100g

MACROS (PER BOX):

- Protein: 45g
- Carbs: 75g
- Fats: 25g
- Calories: ~694 kcal

MEAL PREP LIKE A BOSS:

- Prep 3–5 boxes
- Refrigerate & stay consistent with your goals

COOKING TIPS:

- Sauté Paneer with garlic, cumin & paprika
- Steam Broccoli for crunch & nutrients
- Use Brown Rice or Quinoa for more fiber
- Add Lemon + Pink Salt + Chili Flakes to yogurt for a tangy dip

[RECIPE TUTORIAL-LINK](#)


Spicy, Satisfying & Protein-Packed!

[RECIPE TUTORIAL-LINK](#)


50g Protein Meal Prep Box

CHILLI PANEER + CRISPY ALOO + MASALA CHOLE




 Chilli Paneer (150g low-fat paneer)

- Sautéed with bell peppers, onions, garlic & chili sauce

 Crispy Aloo (100g air-fried potatoes)

- Tossed with roasted cumin & chaat masala

 Masala Chole (150g cooked chickpeas)

- Simmered in a spicy tomato-onion gravy

 Side:

- Lemon wedges & mint chutney

PER BOX:

- 600 kcal
- 50g Protein
- Bold. Balanced. Vegetarian.

GENERAL MEAL PREP TIPS:

- Cool everything before packing to prevent soggy meals.
- Store the chutney separately to keep it fresh.
- Best stored in the fridge for up to 3-4 days.

MEAL PREP TIPS:

- Use non-stick pan or air fryer for minimal oil
- Add 1 scoop unflavoured plant protein to chickpea curry for extra protein (taste stays the same!)

120g Protein Meal Prep

[RECIPE TUTORIAL-LINK](#)



Soya Quinoa Rice Bowl

Fuel your gains with this delicious & balanced meal prep—

Each box: 514 kcal | 41g protein

WHAT'S INSIDE (PER BOX):

- Soya Kadhi
- 150g Dry Soya Chunks
- 120g Curd
- 3 tbsp Besan (30g)
- 1 tsp Ghee
- Spices: Turmeric, Cumin, Mustard Seeds, Hing, Coriander, Salt



MACROS:

🔥 276 KCAL | 🥄 30.2G PROTEIN

QUINOA SUPER SALAD

- 100g Cooked Quinoa
- 100g Kidney Beans
- 100g Edamame
- 50g Bell Peppers
- 50g Carrots
- 30g Blackberries
- 10g Almonds
- 10g Mixed Nuts



MACROS:

🔥 178 KCAL | 🥄 9.5G PROTEIN

BASMATI RICE

- 50g Dry Rice (~125g cooked)

MACROS:

🔥 60 KCAL | 🥄 1.3G PROTEIN

STORAGE TIPS:

- Use 3-compartment containers to keep each component fresh.
- Store for 3–4 days max in the fridge.
- Microwave only the kadhi & rice before eating—keep the salad cold.

100g Protein Meal Prep

RECIPE TUTORIAL-[LINK](#)

Paneer Bhurji & Moong Avocado Salad



PANEER BHURJI (400G PANEER)

- Heat ½ tsp oil, sauté onions & green chilies until golden.
- Add turmeric, chili powder, garam masala —cook until aromatic.
- Toss in crumbled paneer, stir & cook for 3-4 mins.
- Finish with fresh spinach for added greens.



MOONG AVOCADO SALAD

- Lightly sauté onions & tomatoes for a warm, smoky flavor.
- Add sprouted moong beans + spices, cook for 2-3 mins.
- Stir in fresh spinach & remove from heat.
- Top with diced avocado + lemon juice for creaminess & zest.



GENERAL PREP TIPS:

- Use 2-compartment or 3-compartment containers to separate bhurji & salad.
- Cool food before boxing to avoid condensation and sogginess.
- Store in fridge for up to 3 days; add avocado fresh for longer storage.
- Microwave only the bhurji; eat the salad cold for best taste & texture.