

Download Vegan High Protein Vegan Recipes Meatless Meals Book 4

30 High-protein Vegan Meals. The plant-based alternative to a Chicken Sandwich. Flavorful TVP (Textured Vegetable Protein) slices with purple garlic slaw in homemade pretzel buns. This vegan cheese tastes like real cheese. It's also gluten-free, inexpensive and the ingredients are easy to get. It's a healthy alternative to cheese. I used to be addicted to cheese before I went vegan, Where did the weekend go? Serious question. I enjoyed a few too many heavy meals over the past few days, so I thought we could lighten up a little with my favorite vegan dinners. You won't find any weird meat substitutes here. You'll find wholesome vegan meals made with protein-rich whole grains ...30-minute Vegan Alfredo with just 9 ingredients, simple methods, and big flavor! Top with peas and vegan parmesan cheese for a hearty plant-based meal.