

Plant-based meal building

Plan varied plant proteins and practical substitutions.

01 / Understand the starting point

Choose protein-containing staples such as tofu, tempeh, beans, lentils or suitable fortified products. Combine them with grains, vegetables and flavors you enjoy.

02 / Make the useful distinction

Check substitutions individually. A plant yogurt may contain much less protein than dairy yogurt, while fortified soy products can offer a different profile from coconut drinks.

03 / Put it into practice

Plan variety over the day and week. A fully vegan diet needs deliberate attention to vitamin B12 and other nutrients; ask a registered dietitian about an appropriate plan.

04 / Review and adapt

Use the planner to test the estimated daily totals after swapping ingredients. Build meals that are satisfying and affordable, not just foods selected to hit a single number.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Lunch: lentil and grain bowl. Dinner: tofu stir-fry with vegetables and rice. Snack: a suitable fortified yogurt alternative. Measure portions and compare labels before calculating totals.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Meal	Plant protein	Supporting ingredients	Label / portion check	Shopping notes

Evidence and original clinical reading

<https://pubmed.ncbi.nlm.nih.gov/28698222/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.