High-Protein Plant Plan

Three simple days of SOS-free plant meals, rich in protein and fiber. Servings: 1 adult for 3 days. Prep and cook times: see each linked recipe.

Matches the live page: kitchenmonk.org/high-protein-plant-plan/ (page last updated October 9, 2026; PDF made October 14, 2026). A Kitchen Monk Original plan built only from Kitchen Monk Original recipes (not adapted from the VA guide); separate from the Starter Plan and the 3-Day Starter.

Who it's for: healthy adults who are active, building everyday strength, or simply want more protein from plants. **Talk with your care team first** if you have kidney disease, are pregnant or breastfeeding, take medicine for blood sugar or blood pressure, have a food allergy, or follow a medical nutrition plan.

A fiber feast, too: each day's meals provide about 45-59 grams of fiber. New to beans? Ease in over a week or two with plenty of water.

Eat enough: the three meals each day add up to about 1,200-1,350 kcal, which is less than most adults need. Add fruit, more whole grains or potatoes, extra beans, or a small handful of nuts or seeds as hunger guides you. This is an example to adapt, not a personal prescription.

Day 1

Meal	Protein	Fiber
Hemp-Topped Oats (made with water)	15 g	7 g
Edamame & Rice Bowl	29 g	20 g
One-Pot Lentil Soup, 1/3 of the pot (refrigerate the rest for Day 3 and the freezer)	20 g	20 g
Meals total, about	**64 g**	**47 g**

Day 2

Meal	Protein	Fiber
Hemp-Topped Oats	15 g	7 g
Rescue Potato	21 g	20 g
Black Bean & Corn Bowl, ½ of the recipe	20 g	18 g
Meals total, about	**56 g**	**45 g**

Day 3

Meal	Protein	Fiber
Hemp-Topped Oats	15 g	7 g
Chickpea Lettuce Wraps, ½ of the recipe, plus leftover lentil soup (1/3 of the pot)	32 g	31 g
Rescue Soup, ½ of the pot	21 g	21 g
Meals total, about	**68 g**	**59 g**

Recipes: kitchenmonk.org/hemp-topped-oats/ · /edamame-rice-bowl/ · /one-pot-lentil-soup/ · /rescue-potato/ · /black-bean-corn-bowl/ · /chickpea-lettuce-wraps/ · /rescue-soup/

Leftovers: Day 2's second Black Bean Bowl serving, Day 3's second Rescue Soup serving, and the last lentil soup serving keep in the fridge for 3-4 days, or freeze them. The wrap filling is best eaten from the fridge within 3-4 days. Refrigerate within 2 hours and reheat to 165°F (soups to a rolling boil). Source: USDA FSIS, Leftovers and Food Safety.

Shopping list for all 3 days

Cans (all no-salt-added)
[ ] 1 can chickpeas for the wraps
[ ] 1 can chickpeas for the soup
[ ] 1 can black beans (bowl)
[ ] ¾ cup more black beans (potato; a second can leaves extra)
[ ] 3 cans diced tomatoes
Freezer
[ ] Edamame (1 cup)
[ ] Mixed vegetables (5 cups)
[ ] Corn (1 cup)
[ ] Chopped broccoli (1 cup)

[ ] Brown rice (4 cups cooked)
[ ] Blueberries (1½ cups)
Dry
[ ] Brown or green lentils (1 cup dry)
[ ] Rolled oats (1½ cups dry)
[ ] Hulled hemp seeds (9 tbsp)
Fresh
[ ] 1 medium potato
[ ] Romaine
[ ] Celery
[ ] Red onion
[ ] Lemons or limes
Check your pantry first
[ ] Cumin · garlic powder · salt-free chili powder · salt-free Italian herbs · dried dill
[ ] Ground ginger · cinnamon · black pepper · unseasoned rice vinegar

Pair it with movement: food gives your body building blocks, and strength activity tells your muscles to use them. Move With a Nurse: kitchenmonk.org/move-with-a-nurse/

My day changed. Help me simplify.

Too tired? The Edamame & Rice Bowl (29 g protein) is the fastest high-protein swap: about 7 minutes in a microwave.

Repeat a day you liked instead of moving to the next one. Repeating is a success.

Missing an ingredient? See ingredient swaps (kitchenmonk.org/ingredient-swaps/); note that soy-free swaps lower the protein a little.

Finished the three days? Pick one next step

Repeat your favorite days · Try a full week: the 7-day plan · Learn one skill: cook lentils · Ask your care team about your protein needs (kitchenmonk.org/plant-protein/#visit-card)

Educational example, not medical care or individualized nutrition therapy. Protein, fiber, and energy are estimates from USDA FoodData Central for the stated servings; energy is the standard USDA total; herbs, spices, and citrus are not counted. Calculated October 3, 2026, with AI assistance, for Nathanael Elijah Smith, MSN, APRN, FNP-C, DipACLM. A second-person check and registered dietitian review are still to come. Everyone eating only plants needs a reliable vitamin B12 source. If you have a bowel condition or a fiber-restricted diet, follow your care team's advice. Free from Kitchen Monk (kitchenmonk.org). Questions or corrections: rfjeep@gmail.com.