

Nutrition Info Per Serving for [20 Minute High Protein Vegan Meals](#)

Meal #1: Smashed Edamame Toast

545kcal | Carbohydrates: 52g | Protein: 31g | Fat: 27g
Saturated Fat: 2g | Polyunsaturated Fat: 12g | Monounsaturated Fat: 7g | Sodium: 665mg |
Potassium: 790mg | Fiber: 13g | Sugar: 3g | Vitamin A: 213IU | Vitamin C: 9mg |
Calcium: 139mg | Iron: 8mg

Meal #2: Tofu Noodle Bowl with Almond Butter Sauce

719kcal | Carbohydrates: 69g | Protein: 37g | Fat: 32g
Saturated Fat: 4g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 17g | Sodium: 1125mg |
Potassium: 876mg | Fiber: 8g | Sugar: 7g | Vitamin A: 855IU | Vitamin C: 123mg |
Calcium: 362mg | Iron: 9mg

Meal #3: Garlicky Quinoa and Lentils with Ricotta

665kcal | Carbohydrates: 82g | Protein: 33g | Fat: 21g |
Saturated Fat: 4g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 15g | Sodium: 779mg |
Potassium: 578mg | Fiber: 27g | Sugar: 1g | Vitamin A: 122IU | Vitamin C: 25mg |
Calcium: 121mg | Iron: 12mg

Please note: The nutrition facts provided here are computer-generated estimates. For precise nutrition information, we recommend calculating them independently using a reliable app such as MyFitnessPal.