

greek

MEAL PREP





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GREEK-INSPIRED HIGH-PROTEIN VEGAN MEAL PREP

*This meal prep PDF features 7 delicious high-protein **Greek-inspired vegan recipes** that are healthy and easy to make! Make sure to watch the video below for visual references and don't forget to scroll down for the written recipes!*

Watch the video on my YouTube channel here! → <https://youtu.be/ZMaC-N5NnL4>



WHY GREEK-INSPIRED?

In one of my latest Community Post polls on [YouTube](#) I asked you, my audience, what kind of videos you wanted to see more of on the channel this fall, and many of you asked for more meal prep videos... so here you go! And because I love Greek food so much I thought why not share some Greek-inspired recipes in this high-protein vegan meal prep?

Greek cuisine is famous for its balance of fresh herbs, bold citrus flavours, and hearty proteins. Adapting these dishes to a vegan lifestyle doesn't mean sacrificing flavour. By using plant-based alternatives like tofu, tempeh, and legumes, you can enjoy rich, satisfying meals without any animal products. This meal prep is protein-packed, nutritious, and downright delicious. And of course, gluten-free!



WHY SHOULD YOU MEAL PREP?

Meal prepping is a great way to help you save time cooking in the kitchen during the week, it can save you money and prevent you from ordering take out 8 times in a week-- which can help your wallet and also with weight loss! Cooking nutritious, high-protein meals at home means you know exactly what's going into your food, and you're more likely to eat food that you've lovingly prepared instead of letting it go to waste.

Also, if you're new to eating plant-based, meal-prepping can help you stick to a plant-based diet! If you're looking to stay healthy, energized, and excited about your meals, this Greek-inspired high-protein vegan meal prep will be a game-changer. From vibrant lemony potatoes to savoury tofu souvlaki, this spread will bring the taste of the Mediterranean right to your kitchen—perfect for those wanting to keep meals high-protein, plant-based, and easy to prep!

WHAT'S ON THE MENU?

Here's a quick rundown of the wholesome recipes you'll be prepping:

- **Tofu Souvlaki Skewers:** Marinated in lemon, garlic, and oregano, then air-fried or grilled to perfection.
- **Crispy Greek Lemon Potatoes:** Tangy, herbed mini potatoes roasted to a golden crisp.
- **Greek Lemon Rice:** Fluffy rice infused with lemon, herbs, and a hint of turmeric.
- **Tahini Broccoli:** Roasted broccoli coated in a rich, savoury tahini sauce.
- **Baked Greek Gigantes Plaki (with Tempeh):** A hearty dish of butter beans and tempeh in a tomato-based sauce.
- **Sneaky Tzatziki:** A creamy, dairy-free take on the classic Greek dip, made with silken tofu, fresh dill and cucumber or zucchini.
- **Greek Salad:** Crunchy, fresh veggies and herbs wrapped in a tangy balsamic glaze.

SHOPPING LIST

You'll need a blend of fresh produce, pantry staples, and plant-based protein sources to pull this off. Here's your complete shopping list:

- **Proteins:** 3 blocks extra firm tofu, 2 blocks silken tofu, 1 block tempeh, nutritional yeast
- **Fresh Produce:** 2 red bell peppers, 2 broccoli crowns, 3 lbs. mini potatoes, 2 large zucchinis/cucumbers, fresh dill, parsley, 1 celery stalk, 1 carrot, 2 bulbs garlic, 3 yellow onions, kalamata olives, 5 lemons
- **Canned Goods:** 1 can butter beans, 1 - 28 oz can diced tomatoes (1x400g), 4 tbsp tomato paste
- **Grains:** Long grain white rice (basmati or jasmine)



- **Pantry Staples:** Tahini, soy sauce/tamari, dried oregano, smoked paprika, chili flakes, cinnamon, apple cider vinegar, black pepper, salt

ORDER OF PREP

1. **Press your tofu:** Start by pressing the blocks of tofu for at least 20 minutes to remove excess moisture. Pat them dry afterward.
2. **Marinate the tofu for souvlaki:** While prepping other ingredients, whisk together the marinade for the tofu souvlaki and let the tofu soak for about an hour.
3. **Cook the crispy lemon potatoes:** Get these started first since they take the longest to roast.
4. **Prepare the lemon rice:** While the potatoes are cooking, make the lemony rice, which pairs beautifully with all the dishes.
5. **Roast the broccoli:** After the potatoes come out, roast your tahini-coated broccoli.
6. **Assemble and cook the tofu souvlaki:** Skewer the marinated tofu cubes and grill, air-fry, or bake them until crispy and golden.
7. **Start the Gigantes Plaki:** While the tofu is cooking, prepare and bake the gigantes plaki, letting it simmer and develop those rich tomato flavours.
8. **Blend your tzatziki:** Whip up a creamy batch of sneaky tzatziki with silken tofu and cucumber.
9. **Make the Greek salad:** Lastly, toss together the fresh salad with tofu feta, olives, and herbs to complete your meal prep.

A NOTE ON OIL

1. Using a **high-quality extra virgin olive oil** for this meal prep is ideal, however if the price of olive oil is as expensive for you as it is for me where I live, any neutral-tasting oil like grape seed, avocado or sunflower oil is fine.
2. **Oil-Free:** If you're cooking without oil for any reason, I've left substitution notes in each recipe calling for oil.

RECIPE #1: TOFU SOUVLAKI

These skewers are marinated in a zesty blend of lemon juice, oregano, garlic, and smoked paprika. Whether you choose to bake, grill, or air fry, these skewers will add a satisfying protein punch to your meals.



Ingredients:

- 2 blocks extra firm tofu, pressed
- ¼ cup oil
- 2 tbsp lemon juice
- 2 tbsp dried oregano
- 4 cloves garlic, minced
- 2 tsp pink himalayan salt
- 1 tsp ground black pepper
- 1 tsp paprika
- Other: wooden skewers

Instructions:

1. Cut tofu into roughly 1-inch cubes. Set aside.
2. In a large bowl whisk together the oil, lemon juice, oregano, garlic, salt, pepper and paprika. Add the tofu and toss with the marinade. Cover and set aside to marinate in the fridge for at least 1 hour.



3. Line an air fryer basket or baking tray with parchment paper. Spear tofu cubes onto skewers and either bake or air fry. If air frying: 23 minutes at 400°F, if baking: 30 minutes at 425°F
4. Once the tofu is golden in colour and crispy on the edges, remove from the oven. Let cool and store in an air-tight container in the fridge for up to 6 to 7 days (you don't have to leave them on the skewers if you don't have a container long enough).

Note:

1. If you are oil-free, you may replace the oil with one part water, the other part extra lemon juice. You could also replace 1 tbsp of the water with tahini (sesame paste) but I haven't tried this and don't know exactly what the results will be (probably very good, though!).
2. If you have extra tofu souvlaki marinade left in the bowl (you likely will) reserve it for marinating the tofu feta in recipe 7.

RECIPE #2: CRISPY GREEK LEMON POTATOES

These crispy, golden potatoes are packed with the zing of lemon and garlic, enhanced by fresh herbs. The air fryer gives them an extra crispiness, but an oven works just as well!



Ingredients:

- 3 lbs mini potatoes, halved
- 1½ tbsp neutral oil
- Juice & zest of 1 large lemon
- 4 cloves garlic, minced
- 1 tbsp dried oregano
- ½ cup fresh chopped herbs (parsley, dill, oregano, basil, thyme)
- ¼ cup nutritional yeast
- ½ tsp salt
- Ground black pepper

Instructions:

1. Preheat oven or air fryer to 400F and adjust oven rack to the top slot.
2. In a large bowl, whisk together the oil, lemon juice, lemon zest, minced garlic, salt, pepper and dried oregano until combined.
3. Add the potatoes and toss in the marinade, let sit for 5 minutes to slightly absorb into the potatoes.



4. Add half the chopped herbs and the nutritional yeast and toss once more. Transfer to an air fryer basket (may have to do a few batches) or parchment lined baking tray.
5. Air fry for 25 minutes, flipping halfway, until golden, crispy but not burnt. If baking, bake on top rack for 40 to 42 minutes, flipping halfway.
6. Once removed from oven, sprinkle the remaining herbs and a squeeze of extra lemon juice if you like. Serve and enjoy! Let cool before transferring leftovers into an airtight container. Will keep in the fridge for up to 7 days.

Note: If oil-free, sub the oil for 1 tbsp of low-sodium soy sauce (or tamari if gluten-free), and omit the salt from the recipe. This will slightly change the flavour but will still render delicious results!

RECIPE #3: GREEK LEMON RICE

Light and fluffy, this lemon-infused rice is bursting with Mediterranean flavours, thanks to the fresh dill, parsley, and a subtle hint of turmeric. A perfect side dish to complement any main course.



Ingredients:

- 2 tbsp olive oil, or other neutral oil
- 1 medium yellow onion, chopped (about 1 cup)
- 2 large cloves garlic, minced
- 1½ cups long grain white rice (basmati, jasmine), thoroughly rinsed
- 2 large lemons, scrubbed clean
- 2¼ cups hot veggie broth or water
- 1 tbsp fresh dill
- 1 tbsp fresh flat leaf parsley
- ½ tsp dried oregano
- Salt and pepper to taste
- ⅛ tsp turmeric, for colour (optional)
- Lemon juice, for garnish

Instructions:



1. To a large saucepan over medium heat, add the olive oil. Once the oil is hot, add the onions and sauté until soft and fragrant, 4-5 minutes. Meanwhile, zest 1 lemon until you have about 2 tsp lemon zest.
2. Add the rinsed rice, garlic and lemon zest, and sauté until slightly toasted, about 1 minute, stirring frequently to keep the rice from sticking to the pan.
3. Pour in the broth, lemon juice, dill, parsley, oregano, black pepper, salt, and turmeric. Stir to combine, cover and bring to a boil, then reduce heat to low. Cook for 15 to 20 minutes or until the liquids have evaporated and the rice is soft and cooked but not sticky or gummy. Give it a little toss, then taste and adjust seasonings if you like.
4. Remove from heat and let sit covered for 10 minutes. Uncover, fluff up with a fork and squeeze a little more fresh lemon juice on top. Serve, garnish with extra chopped herbs and enjoy! Will keep in an airtight container in the fridge for up to 7 days.

Note: If oil-free, substitute the oil for hot water or veggie broth. Add little splashes of water/broth while sautéing to keep food from sticking as it cooks.

RECIPE #4: TAHINI PARMESAN ROASTED BROCCOLI

Coated in a savoury mix of tahini, lemon juice, and vegan parmesan, this broccoli will convert even the biggest veggie skeptics. Roasting at high heat gives the florets a tender texture with crispy edges.



Ingredients:

- 2 crowns broccoli, cut into small florets (4 to 5 cups)
- 3 tbsp tahini
- 3 tbsp lemon juice
- 2 tbsp tamari or GF soy sauce
- 3 cloves garlic, minced
- 1/3 cup vegan parmesan cheese (optional, but highly recommended)
- black pepper to taste

Instructions:

1. Preheat oven to 450°F and set rack to the top. Add all the ingredients, minus broccoli, parmesan and black pepper to a large mixing bowl and whisk until well combined.
2. Add the broccoli florets and toss until each piece is coated in the sauce. Transfer to a large parchment lined baking tray and spread evenly. Add a few grinds of fresh black pepper and bake for 10 minutes.
3. Remove from the oven quickly and carefully, and sprinkle on the parmesan cheese. Return to the oven to bake for a final 3 to 4 minutes until the cheese has melted.
4. Serve, add a squeeze of lemon juice (optional) and enjoy! Will keep in an airtight container in the fridge for up to 4 to 5 days.



RECIPE #5: BAKED GREEK GIGANTES PLAKI

This traditional Greek dish of butter beans (with extra protein from adding tempeh) is slow-cooked in a rich tomato sauce flavored with paprika, chili flakes, cinnamon, and fresh herbs. Hearty and comforting!



Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 2 garlic cloves, minced
- ½ tsp paprika
- ½ tsp red chili flakes
- ¼ tsp cinnamon
- 2 tsp dried oregano
- 1 tsp sugar (optional)
- Black pepper to taste
- 1 x 18 oz can butter beans
- 1 block tempeh, crumbled
- 1 x 28oz can diced tomatoes
- 2 tbsp tomato paste
- Handful fresh parsley

Instructions:



1. Preheat oven to 375F and adjust the rack to the middle slot.
2. Heat the oil in a large oven-safe sauté pan over medium heat, then add the onion and cook for 3 to 4 minutes until starting to soften.
3. Add the tomato paste, celery, carrot, garlic, paprika, chili flakes, cinnamon, oregano, sugar, salt and pepper and cook for a further 3 mins.
4. Add the drained and rinsed butter beans, tempeh, and canned tomatoes. Fill the tomato can halfway with water and pour in the pan. Stir to combine, cover, and bring to a gentle simmer over medium-high heat for 5 minutes.
5. Uncover and transfer to the oven. Bake for 20 to 30 minutes, or until the sauce is thickened slightly and the top layer is golden brown.
6. Once removed from the oven, sprinkle chopped parsley on top and a few grinds of black pepper and serve on its own, with a pita, or toasted bread. Will keep in the fridge in an air-tight container for up to 7 days.

Note: If oil-free, substitute the oil for hot water or veggie broth. Add little splashes of water/broth while sauteeing to keep food from sticking as it cooks.

RECIPE #6: SNEAKY TZATZIKI

A twist on the classic, this tzatziki is dairy-free yet creamy, thanks to the silken tofu. Fresh cucumber, garlic, and dill make this a perfect dip or sauce for the meal.



Ingredients:

- 2 x 300g blocks silken tofu
- 1 large/2 small zucchinis or cucumbers
- 2 to 3 cloves garlic, minced
- 3 tbsp lemon juice
- 3 tbsp apple cider vinegar
- ½ cup fresh dill, chopped
- 1 tsp onion powder OR 2 tsp onion flakes
- 1 tsp salt
- Ground black pepper to taste



Instructions:

1. Add all ingredients to a blender or food processor except for the zucchini/cucumber and blend until smooth.
2. Grate the zucchini/cucumber and squeeze out any excess liquid to prevent the tzatziki from getting too runny. You can do this by placing the grated cucumber in a layer of cheesecloth and squeeze out the liquid.
3. Fold in the dry zucchini until well combined. Serve with pita, falafel, crackers, veggies or in a wrap! It's GREAT when you dip the tofu souvlaki or lemon potatoes in it!

RECIPE #7: GREEK-ISH SALAD

Fresh cucumbers, tomatoes, olives, and herbs form the base of this refreshing salad. The tofu feta provides a tangy, satisfying addition without any dairy.



Ingredients:

- 2 red bell peppers, roughly chopped
- 1 large cucumber, diced
- ⅓ cup kalamata olives, pitted and sliced
- 1 cup grape tomatoes, halved
- 1 cup chopped red or white onion
- 1 block extra firm tofu
- leftover souvlaki marinade
- 2 tbsp balsamic vinegar or glaze
- handful of fresh chopped herbs
- about 1 tsp dried oregano

Instructions:

1. In the same souvlaki marinade bowl, crumble the block of tofu into medium-sized chunks and toss to combine. Cover and let soak up the marinade while you prep the veggies, about 15 minutes or so.



2. Add all the veggies, tofu crumbles, chopped herbs, oregano and balsamic glaze and toss well to combine. Allow to sit in the fridge for at least 1 hour before enjoying, but overnight is even better.
3. Will keep in the fridge for up to 5 days in an airtight container.