Making Meal Plan **adaptations**

The meal plans in Keto for Vegans should be broadly adapted to your personal calorie and macronutrient needs. These tables are meant to help you make those adjustments. The tables on this page provide nutritional details based on "practical" measurements. You'll see that the amount of protein and calories varies quite a bit. The tables on the following page focus on specific amounts of protein (2.5g, 5g, and 10g) and calories (around 50 and 100). In all tables, numbers are rounded and "practical" measurements provided are approximate. Nutritional information is derived from the grams or milliliters listed. When net carbs are listed as 0g, this is a minimum. Overall, the net carbs given here may differ somewhat from the product available to you. If an accurate net carb count is essential to achieving your objectives, you may wish to replace my numbers with yours.

- tsp = teaspoon
- Tbsp = tablespoon
- pcs = medium sized pieces of the whole item
- © = higher carb item

For more high-protein vegetable options, check out the Vegetable Protein Guide on the website.

Notes & Tips

*The nutritional details for **starchy beans** will vary by type of bean. This is a rough average.*

Calorie Boosters

Food Item - Practical Measurement	g/ml	CALS	PRO	FAT	NC
avocado - 1/2 pcs	115	190	2.5	18	2
chocolate, baking - a 1-ounce square	30	195	4.5	16	3.5
coconut, dried - 1/4 cup shredded	20	130	1.5	13	1.5
coconut, fresh - 1/2 cup grated	40	140	1.5	13	2.5
coconut, canned, full-fat - 1/2 cup	120	215	2	22	2.5
coconut manna / butter - 1 Tbsp	15	100	1	10	1
macadamia nuts - 1/4 cup	35	250	3	27	2
pecans - 1/4 cup	30	205	3	22	1.5
oil - 1 tsp	5	40	0	4.5	0
oil - 1 Tbsp	15	120	0	14	0
olives, black - 1/4 cup	40	45	0.3	4.5	2
olives, green - 1/4 cup	40	60	0.4	6	0.2

Protein & Calorie Boosters

	Food Item	Practical Measurement	g/ml	CALS	PRO	FAT	NC
Soy	edamame, dry-roasted	1/4 cup	25	110	12	4	2.5
	edamame, shelled, frozen	1/2 cup	70	75	8	3.5	2
	soybeans, cooked	1/3 cup	55	95	10	5	1
	soymilk	1 cup / 8 ounces	240	95	9	5	2
	tempeh	1/4 × 8oz package	55	105	11	6	2
	tofu, extra-firm	1/4 × 12oz package	85	70	8	3.5	0
	tofu, extra-firm	1/4 × 14oz package	125	105	12	5	0
	TVP, soy-based, dry	1/4 cup	25	85	13	0.3	4
Lupin	lupini beans, Brami	a single-serve packet	65	80	8.5	2	0
	lupini beans, Cento	1/2 cup	90	90	11	2.5	4.5
	lupini beans, Unico	1/3 cup	60	90	11	3	0.5
	lupins, ground, dry	1/4 cup	35	115	14	2	1
	lupin hummus, Brami	1/3 cup	80	145	5.5	12	1
Other	nutritional yeast flakes	1 Tbsp	5	20	2.5	0.2	0.5
	pea milk	1 cup / 8 ounces	240	80	8	4.5	0
	protein powder	1/2 scoop | 2 Tbsp	15	60	11	1	0
	TVP, pea-based, dry	1/3 cup	15	60	12	1	0
	© chickpea hummus	1/3 cup	80	170	5	11	10
	© starchy beans	1/2 cup	85	120	7.5	0.5	15
Nuts	almonds	1/4 cup	40	230	8.5	20	3.5
	Brazil nuts	4-5 nuts	20	130	3	13	1
	hazelnuts	1/4 cup	35	220	5	21	2.5
	peanuts, dry-roasted	1/4 cup	35	205	8.5	17	4.5
	peanuts, oil-roasted	1/4 cup	35	210	10	18	2
	walnuts	1/3 cup	35	230	5.5	23	2.5
	© pistachios	1/4 cup	30	165	6	14	5
	© cashews	1/4 cup	30	165	5.5	13	8
Seeds	chia seeds	1 Tbsp	10	50	2.5	2.5	0.1
	flax seeds	1 1/2 Tbsp	15	80	2.5	6.5	0.2
	hemp hearts	1 Tbsp	10	60	3.5	5	0.2
	pumpkin seeds	1 Tbsp	10	60	3.5	4.5	0.5
	sesame seeds, brown	1 Tbsp	10	55	2	5	1
	sunflower seeds	1 Tbsp	10	60	2	5	1
	© pinenuts	1 Tbsp	10	65	1	6	0.5
Butters	almond butter	1 Tbsp	15	90	3	8.5	1
	peanut butter	1 Tbsp	15	90	3.5	7.5	2
	SunButter	1 Tbsp	15	105	4	9	0.5
	tahini	1 Tbsp	15	90	2.5	8	2

Calorie Boosters

Food Item - Practical Measurement	g/ml	CALS	PRO	FAT	NC
avocado - 1/4 pcs	60	100	1	9	1
chocolate, baking - 1/2 x 1oz square	15	95	2	8	2
coconut, dried - 3 Tbsp shredded	15	100	1	9.5	1
coconut, fresh - 1/3 cup grated	30	105	1	10	2
coconut, canned, full-fat - 1/4 cup	55	100	1	10	1
coconut, manna/ butter - 1 Tbsp	15	100	1	10	1
oil - 1 tsp	15	40	0	5	0
olives, black - 1/4 cup	45	50	0.4	5	2
olives, green - 1/4 cup	35	50	0.4	5.5	0.2

Nuts & Seeds - Practical Measurements

10g - 1 Tbsp seeds or smaller nuts | 2 tsp butter
15g - 2 Tbsp chopped or slivered nuts
1 1/2 Tbsp seeds or smaller nuts | 1 Tbsp butter
20g - 1/8 cup | 2 Tbsp nuts or seeds

almonds & almond butter	15	85	3	8	1
Brazil nuts - 3 nuts	15	100	2	10	0.5
hazelnuts	15	95	2	9	1
macadamia nuts	15	110	1	11	1
peanuts, dry-roasted & peanut butter	15	90	3.5	7.5	2
peanuts, oil-roasted	15	90	4	8	1
pecans	15	105	1..5	11	0.5
walnuts	15	100	2.5	10	1
© pistachios	20	110	4	9	3.5
© cashews	20	110	3.5	9	5.4
chia seeds	10	50	2.5	2.5	0.1
flaxseeds	10	55	2	4	0.2
hemp hearts	15	90	5	7.5	0.3
pumpkin seeds	15	90	5.5	6.5	0.5
sesame seeds, brown & tahini	10	55	2	5	1
sunflower seeds	15	90	3	7.5	1.5
Sunbutter	15	105	4	9	0.5
© pinenuts	15	95	1.5	9	1.5

Protein & Calorie Boosters

	Food Item	g/ml	CALS	PRO	FAT	NC	Practical Measurement
Soy	edamame, dry-roasted	20	85	10	3.5	2	1/4 cup
	edamame, shelled, frozen	90	100	10	4.5	2.5	3/4 cup
	soybeans, cooked	55	95	10	5	1	1/3 cup
	soymilk	275	105	10	6	2	1 1/8 cup / 9 ounces
	tempeh	50	95	10	5.5	2	1/4 x 8oz package
	tofu, extra-firm	105	85	10	4.5	0	1/3 x 12oz package
	TVP, soy-based, dry	20	65	10	0.2	3.5	3 Tbsp
Lupin	lupini beans, Brami	75	90	10	205	0	1/2 multi-serve pack
	lupini beans, Cento	80	80	10	2	4	1/2 cup
	lupini beans, Unico	55	85	10	2.5	0.4	1/3 cup
	lupins, ground, dry	25	80	10	1.5	0.5	3 Tbsp
	lupin hummus, Brami	70	125	5	11	0.5	1/4 x 10oz container
Other	nutritional yeast flakes	5	20	2.5	0.2	0.5	1 Tbsp
	pea milk (e.g. Ripple)	300	100	10	5.5	0	1 1/4 cup / 10 ounces
	protein powder	15	60	10	1	0	1/2 scoop | 2 Tbsp
	TVP, pea-based, dry	15	60	10	1	0	1/3 cup
	© chickpea hummus	80	170	5	11	10	1/3 cup
	© starchy beans	55	80	5	0.4	9.5	1/3 cup
Nuts	almonds	25	145	5	13	2	3 Tbsp
	Brazil nuts ✎	35	230	5	24	1.5	1/4 cup
	hazelnuts	35	220	5	21	2.5	1/4 cup
	peanuts, dry-roasted	20	115	5	10	2.5	2 Tbsp
	peanuts, oil-roasted	20	120	5	11	1	2 Tbsp
	walnuts	35	230	5	23	2.5	1/3 cup
	© pistachios	25	140	5	11	4	1/4 cup
	© cashews	30	165	5	13	8	1/4 cup
Seeds	chia seeds	10	50	2.5	2.5	0.1	1 Tbsp
	flaxseeds	15	80	2.5	6.5	0.2	1 1/2 Tbsp
	hemp hearts	15	90	5	7.5	0.3	1 1/2 Tbsp
	pumpkin seeds	15	90	5	6.5	0.5	1 1/2 Tbsp
	sesame seeds, brown	15	85	2.5	7.5	1.5	1 1/2 Tbsp
	sunflower seeds	25	145	5	13	3	3 Tbsp
	© pinenuts	20	125	2.5	12	1.5	2 Tbsp
Butters	almond butter	25	145	5	13	2	1 1/2 Tbsp
	peanut butter	20	115	5	10	2.5	1 Tbsp + 1 tsp
	SunButter	20	140	5	12	0.5	1 Tbsp + 1 tsp
	tahini	15	90	2.5	8	2	1 Tbsp

Notes & Tips ✎

Bazil nuts *are very high in selenium and 35g of nuts contains more than the daily upper limit. Consistently*