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## 5 Meaty, Vegan Protein Options To Keep In Your Fridge At All Times



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# Bring home-cooking to another level with these vegan protein staples that are meaty, versatile, and oh-so-yummy.

As convenient as it is to eat out, there is something to be said about cooking your own meals. Sometimes, we're just over the foods we have come to know and love, and other times it just feels nice to "adult" and whip up a meal for a change.

And on those types of days, while we would love to make foods from scratch, that doesn't always pan out. Life happens, we get it. This is where our kitchen-friendly refrigerator and freezer comes in handy. Don't turn up your nose to these frozen and frigid finds for they may be the secret tolls you need to stay on your healthy path! For a healthy dose of protein for veg-heads and meat-eaters alike, here are five plant proteins to stock up in your fridge or freezer at all times!





### 3. Spicebox Organics Locally Made Tempeh

If tofu isn't your thing, tempeh is a great alternative! Eaten primarily in Asia and hailing from Indonesia, tempeh is made by fermenting cooked soybeans with mold (instead of curdling fresh, hot soy milk with a coagulant, which is how tofu is made). Spicebox Organics, one of our favorite health food shops chains, offers up a mean batch of locally made tempeh – firm, chewy, nutty, and slightly sweet. Though higher in calories than its whiter unfermented cousin, tempeh is less processed and contains more protein, calcium and fiber than tofu. Keep it in the fridge until you're ready to add it to soups, salads or casseroles.

**Find locally made tempeh in the refrigerator section at Spicebox Organics stores.**