



PLANT BASED PROTEINS

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1. **PROTEIN POWDERS** – Protein powders are a great option for building lean muscles and keeping up your energy. If you're looking for a grain-free option, some of my favorite plant-based powders are hemp and pea. You can add a protein powder to your smoothie, to a dip or soup, or even a sweet potato as an afternoon pick me up.
2. **SPIRULINA** – Spirulina contains the highest form of protein found anywhere in the world (70%). One ounce contains 16 grams of protein. This superfood is recommended for those seeking to lose weight and who want to maintain great health. I suggest adding a tablespoon to a smoothie each day, and you can even add one to water at night.
3. **BEE POLLEN** - These granules, created by bees from flowering plants, are another nutrient-dense food that has 5 to 7 times more protein than beef. These immune-boosting, little seeds give you the power you need to fight colds and provide you with a great boost of energy.
4. **GOJI BERRIES** - These red berries are not only a source of complete protein with 18 amino acids, and all 8 essential amino acids, but have 500 times more vitamin C per ounce than oranges. You can add these to trail mix, smoothies, soups and salads, or you can eat them alone.
5. **HEMP** - A complete source of protein (36%), hemp is also a rich and balanced source of Omega-3 and Omega-6 fatty acids, including the rare form of GLA (Gamma Linoleic Acid). Just three tablespoons has 10 grams of protein.
6. **CHIA SEEDS** - These contain essential fatty acids and protein, and are a soluble fiber. The protein content is 4 grams per ounce, they taste delicious, plus they can be added to soups, smoothies and salads.
7. **TEMPEH** – Unlike other forms of soy, this fermented form is easy to digest. A half cup has a whopping 15 grams of protein.



8. **KALE AND GREENS** – Greens are loaded with protein, so adding these to your smoothies is essential. Just one cup of kale is 2.9 grams of protein. You can juice kale, make a kale salad or add it to your smoothie. One cup of cooked spinach has about 7 grams of protein. The same serving of French beans has about 13 grams. One cup of boiled peas? 9 grams.
9. **NON-DAIRY MILK** – You can get a nice amount of protein in hemp milk, almond milk and even coconut milk. On average, one cup holds 5 grams of protein.
10. **COCONUT MILK YOGURT OR COCONUT MILK KEFIR** – This is a great way to load up on a medium chain fatty acid, which most people are deficient in. Plus, you can add a plant-based protein to this drink, and you have a simple drink loaded with calories and protein to keep you satisfied.
11. **SUNBUTTER AND SEEDS** – Sunbutter (sunflower seed butter) is the perfect on-the-go trick for getting protein into your body. Simply top an apple with sunbutter for a healthy dose of protein. Or, add seeds (sunflower, pumpkin, etc.) to any salad, soup or vegetarian meal to boost your protein levels. On average 2 tablespoons equal 5 grams of protein.
12. **NUTRITIONAL YEAST** – This is loaded with B vitamins and amino acids, and 2 tablespoons equals 8 grams of protein.
13. **AVOCADO** – Adding 1 whole avocado to a salad is 2.7 grams of protein. You also get a healthy dose of fat, which will help you lose weight and detox properly.
14. **QUINOA** – It's gluten-free, versatile, and so delicious. You can use it as a substitute for rice. It delivers about 9 grams of protein.
15. **TOFU** – Four ounces of tofu will get you about 9 grams of protein. And at about 2 bucks a pack, it's super affordable.
16. **LENTILS** – Use lentils with rice dishes. You can make veggie burgers, casseroles and more. One cup cooked delivers a whopping 18 grams of protein.
17. **BEANS** – They're really the magical fruit. With one cup of black, pinto, or kidney beans, you'll get about 13-15 grams of protein, and a lot of heart-healthy fiber.



18. **SPROUTED-GRAIN BREAD** – Just 2 slices of vegan sprouted-grain bread and you'll get about 10 grams of protein.
19. **PUMPKIN SEEDS** – Are one of the most overlooked sources of iron and protein out there, containing 8 gram of protein per 1/4 cup. They're also an excellent source of magnesium.
20. **EDAMAME** – Filled with antioxidants and fiber, not to mention protein, edamame is the young green soybean and so delicious! It's filled with a nutty sweetness and packs in 8.5 grams of protein in just 1/2 cup.
21. **BLACK EYED PEAS** – Pack 8 grams of protein in just 1/2 cup. Like most other beans, they're also a great source of iron, magnesium, potassium, and B vitamins.
22. **BROCCOLI** – Contains 4 grams of protein in just 1 cup, which isn't too bad considering that same cup also contains 30 percent of your daily calcium needs, along with vitamin C, fiber, and B vitamins for only 30 calories.
23. **ASPARAGUS** – Filled with 4 grams of protein per cup (about 4-6 stalks, chopped), asparagus is also a great source of B vitamins and folate.
24. **ALMONDS** – have 7 grams of protein per cup of fresh nuts or in 2 tablespoons of almond butter.
25. **TAHINI** – This yummy spread that can be used anywhere nut butters can. Containing 8 grams of protein in two tablespoons, tahini is also a fantastic source of iron and B vitamins, along with magnesium and potassium.
26. **CHICKPEAS** – Not just for hummus, a 1/2 cup of chickpeas will give you 6-8 grams of protein.
27. **PEANUT BUTTER** – Just 2 tablespoons also gives you 8 grams of pure, delicious protein.
28. **AMARANTH** – Is similar to quinoa in its nutritional content, though much tinier in size. This pseudo-grain (really a seed) adds 7 grams of protein to your meals in just one cooked cup. It's also a fantastic source of iron, B vitamins, and magnesium.



SOY & GLUTEN FREE VEGAN MEAT*

Soy-Free

- **Seitan** is a delectable meatless option made of wheat gluten. Available from many companies, it's popular because it soaks up flavors extremely well and the texture is chewy and satisfying. You can also make your own!
- **Field Roast** vegan meat products are all wheat- and grain-based. They specialize in links, roasts, and meatless loafs—perfect for the holidays or anytime.
- **Bahama Rice Burgers** are rice-based and come in seven flavors.
- **Amy's California Veggie Burgers** come in original and low-sodium varieties.
- **Hot Dang Original Grain Burger** is so delicious, but remember that only the original flavor is vegan.

Gluten-Free

- **Gardein** offers four gluten-free varieties: Chick'n Scallopini, Chipotle Black Bean Burger, the Ultimate Beefless Ground, and Garden Veggie Burger. These delectable options are made with a soy protein base.
- **Textured vegetable protein (TVP)** is a dehydrated soy product that looks like little flaky nuggets and is a great stand-in for ground beef. It can be rehydrated in about a minute and works well in spaghetti sauces, chili, tacos, and veggie burgers.
- **Butler Soy Curls** are perfect for grilling or cooking in soups, salads, stir-fries, and fajitas.
- **Simply Balanced Smoky Chipotle Meatless Chicken*** packs a lot of protein and is perfect for the summer grilling season.
- **Simply Balanced Korean Barbecue Meatless Chicken*** is another variety from this brand, which is carried exclusively by Target.
- **Simply Balanced Mushroom Miso Meatless Turkey*** is the brand's third faux-meat flavor. Mushroom miso sounds delicious. It's time to taste-test these cruelty-free meats!
- **Tempeh** is a fermented soy product that comes in the form of a dense cake, perfect sliced or cubed and then steamed or fried and added to stir-fries, pasta dishes, salads, and sandwiches. It's especially delicious when smoked for a "BLT."



- **Praeger's** veggie burgers come in both kale and California varieties.
- **Amy's Veggie Loaf** is packaged ready to eat! You can also opt for the low-sodium version.
- **Beyond Meat** has delectable chicken tenders that you should stock your freezer with ASAP.

*These are not certified gluten-free, but the ingredient labels do not list gluten or wheat.

Soy-Free and Gluten-Free

- **Neat "meat"** is a new product made from a mix of nuts and garbanzo beans. It comes in four flavors: Mexican, Italian, Breakfast, and Original.
- **Great Life by Lucinda** has a variety of veggie burger mixes.
- **Beyond Meat's Beyond Beef Crumbles** come in both Feisty Crumbles and Beefy Crumbles flavors, and they're made from pea protein.
- **Beyond Meat's Beast Burger** boasts the fact that it contains more iron and protein than its meaty equivalent, and more omegas than salmon.
- **Cool Foods' Vegi Bacon** are "bacon bits" derived from pinto beans, and are ready to top your baked potato, salad, or soup.
- **Sunshine Burgers** are made from a variety of beans, seeds, and brown rice. They come in eight flavors, including Shiitake Mushroom, Loco Chipotle, and Hemp & Sage.
- **Amy's** Sonoma Veggie Burger is made from quinoa, garbanzo beans, nuts, and vegetables.
- **Hilary's Eat Well** Veggie Bites and several types of veggie burgers are made with grains, beans, seeds, and greens and are certified kosher as well.

For more Information about eating plant based:

*<http://features.peta.org/how-to-go-vegan/>

<http://www.onegreenplanet.org>

<https://www.richroll.com>

<https://www.forksoverknives.com>

<https://www.culinarynutrition.com/top-50-vegan-blogs/>

