

Plant Based Eating

Some people choose to follow a plant based eating pattern for many reasons. This handout provides you with options to achieve a higher protein diet while eating plant based. Plant sources of protein naturally have more carbohydrates than animal based proteins, so your carbohydrate goals can be a little higher if you follow a plant based diet. *Speak to your Registered Dietitian for specific goals for you.*

High protein plant based options:

Black beans	Peanuts/peanut butter	Soy Milk
Kidney beans	Pecans	Tofu
Pinto beans	Walnuts	Tempeh
Refried beans (made without pork fat)	Almonds	Seitan
Garbanzo beans (chick peas)	Cashews	Hummus
Lentils	Pistachios	
	Edamame	

There are also plant-based protein shakes and bars available. Some brands include: Orgain Plant Protein, Ripple, Evolve, Vega, No Cow, OWYN, and KOS.

Plant based “meat” alternatives can be used to supplement your protein intake, but these are highly processed and may contain high carbohydrates. Some brands to use in moderation are: Morning Star, Quorn, Impossible, Beyond, Earth Grown, Simple Truth, Gardein, Tofurky.

<https://www.kitchentreaty.com/100-high-protein-vegetarian-vegan-recipes/>

<https://hurrythefoodup.com/low-carb-high-protein-vegan-recipes/#list>

<https://vegfaqs.com/high-protein-low-carb-vegan-recipes/>

<https://www.eatingwell.com/article/7915329/dietitian-approved-protein-vegan-meals-available-online/>

<https://vegnews.com/vegan-health-wellness/nutrition/high-protein-vegan-recipes>

<https://thecheekychickpea.com/vegan-tuna-salad/>