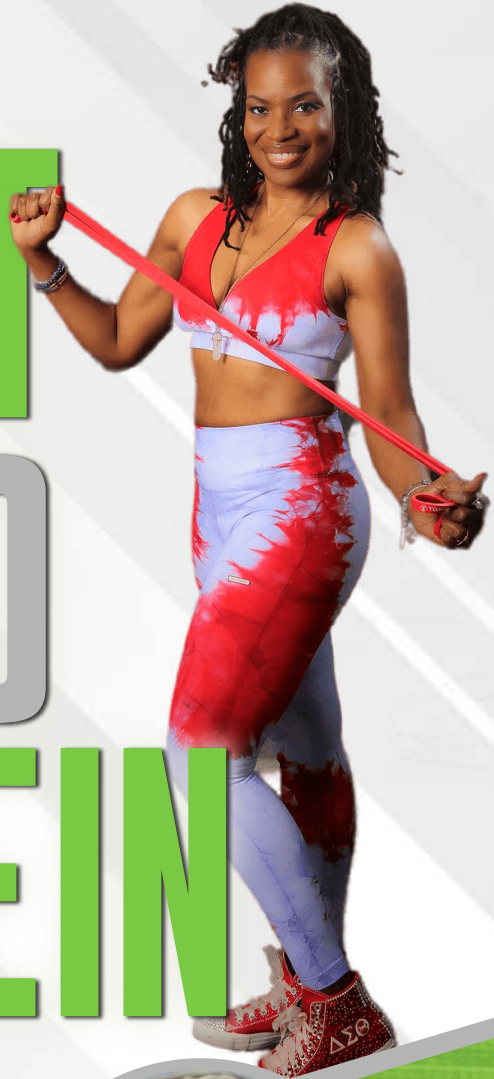


# PLANT BASED PROTEIN



# PLANT-BASED SOURCES OF PROTEIN



**PEANUT BUTTER**

2 tbsp  
7g



**ALMONDS**

1/4 cup  
6g



**FARRO**

1/4 cup uncooked  
6g



**OATMEAL**

1/2 cup dry  
5.9g



**CASHEWS**

1/4 cup  
5g



**CHIA SEEDS**

2 tbsp  
5g



**TOFU**

1/2 cup  
21.8g



**TEMPEH**

1/2 cup  
16.8g



**HEMP SEEDS**

3 tbsp  
9.5g



**EDAMAME**

1/2 cup  
9.2g



**LENTILS**

1/2 cup  
8.1g



**BLACK BEANS**

1/2 cup  
8g



**PUMPKIN SEEDS**

1/4 cup  
8g



**QUINOA**

1 cup cooked  
8g



**NUTRITIONAL  
YEAST**

2 tbsp  
8g



**CHICKPEAS**

1/2 cup  
7.2g



**KIDNEY BEANS**

1/2 cup  
7g



**SUNFLOWER  
SEEDS**

1/4 cup  
6g



"Are you looking to add more protein to your vegan diet but not sure where to start? If so, you've come to the right place. In this eBook, we'll explore the best plant-based protein sources, provide delicious and easy-to-follow recipes, and share tips and tricks for incorporating more protein into your daily routine. Whether you're a seasoned vegan or new to plant-based living, this guide will give you the tools you need to boost your protein intake and support your overall health and wellness. So, let's get started on your high-protein vegan journey today!"

**NOTHING BUT THE  
BEST FOR MY PEEPS!**





## XOXO Coach Callie

As a vegan, it's important to ensure that you're getting enough protein in your diet. There are many plant-based sources of protein that can be incorporated into your meals and snacks, such as:

- **Legumes:** Beans, lentils, chickpeas, and peas are all great sources of protein.
- **Whole Grains:** Quinoa, bulgur, barley, and wheat berries are all high in protein.
- **Nuts and Seeds:** Almonds, pumpkin seeds, sunflower seeds, and chia seeds are all good sources of protein.

It's also possible to find plant-based protein powders derived from peas, brown rice, and hemp, which can be added to smoothies or used in baking.

It's important to note that a balanced and varied diet will give you all the necessary nutrients. Keep in mind that it's also important to eat enough calories overall, as well as enough carbohydrates and healthy fats.

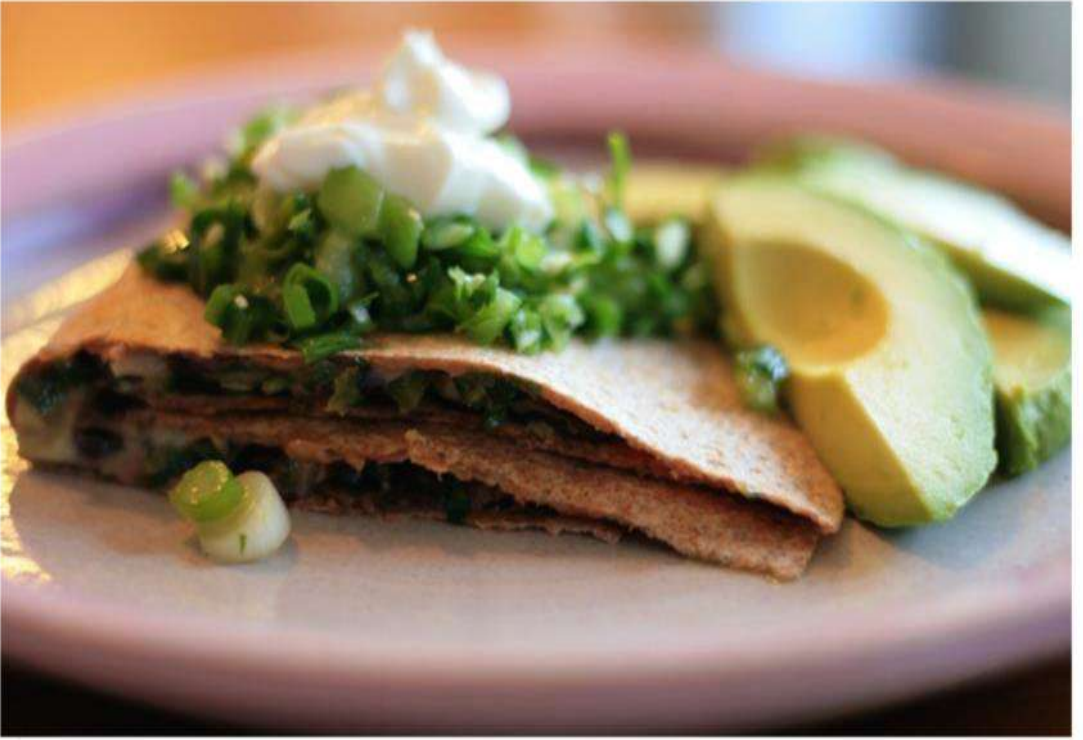
# SUPPLEMENTS

- 1** **Vitamin B12:** This vitamin is important for maintaining healthy blood cells and nerve function, but it's mainly found in animal products. So, it's important for vegans to supplement with Vitamin B12 or to consume fortified foods.
- 2** **Omega-3 fatty acids:** These are important for heart health and cognitive function. Plant-based sources of omega-3s include flaxseed oil, chia seeds, and walnuts.
- 3** **Iron:** Plant-based sources of iron include leafy greens, nuts, seeds, and legumes. However, the type of iron found in plant foods, called non-heme iron, is not as well absorbed as the type found in animal foods. So, vegetarians and vegans may need to consume more iron than non-vegetarians.
- 4** **Vitamin D:** Vitamin D is known as the "sunshine vitamin" because it's produced by the body when the skin is exposed to sunlight. However, many people are deficient in vitamin D, especially those who avoid sun exposure or live in northern climates. Vitamin D supplements derived from lichen are a good plant-based alternative.
- 5** **Iodine:** This mineral is important for thyroid function and is found in sea vegetables such as kelp, dulse, and nori.

## NOTE:

It's important to note that it's always best to consult with a healthcare professional before starting any supplement regimen. They can help you determine which supplements you may need based on your specific needs.

# Recipes



# High Protein Meals

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**Lentil Chili:** This hearty chili is a great source of plant-based protein, with about 15 grams per serving. To make it, sauté diced onion, bell pepper, and garlic in a large pot until softened. Add a can of diced tomatoes, a cup of dried lentils (rinsed and drained), and enough water to cover. Bring to a boil, then reduce heat and simmer for 30-40 minutes, or until the lentils are tender. Season with chili powder, cumin, and salt to taste.

**Falafel:** Falafel is a popular Middle Eastern dish made from ground chickpeas and spices. To make your own falafel, blend together a can of chickpeas, diced onion, minced garlic, and a handful of fresh parsley in a food processor. Form the mixture into balls or patties and fry in a pan until golden brown. Falafel provides about 7 grams of protein per serving.

**Grilled Portobello Mushroom Burgers:** Portobello mushrooms are a great source of plant-based protein, with about 4 grams per serving. To make grilled portobello mushroom burgers, simply brush sliced portobello mushrooms with olive oil and grill until tender. Serve on buns with your choice of toppings (such as lettuce, tomato, and avocado).

**Spaghetti with Lentil Bolognese Sauce:** This protein-packed twist on classic spaghetti Bolognese uses lentils in place of ground beef. To make the sauce, sauté diced onion, carrot, and celery in a pan until softened. Add a cup of dried lentils (rinsed and drained) and a can of diced tomatoes. Simmer until the lentils are tender, then season with salt, pepper, and a pinch of sugar. Serve the sauce over spaghetti noodles. This dish provides about 15 grams of protein per serving.

**Baked Tofu and Vegetable Stir-Fry:** Tofu is a great source of plant-based protein, with about 10 grams per serving.

To make a baked tofu and vegetable stir-fry, slice firm tofu into small cubes and toss with a mixture of cornstarch, soy sauce, and spices (such as garlic powder and ginger). Bake in the oven at 400°F for 20-30 minutes, or until crispy. Meanwhile, stir-fry your choice of vegetables (such as bell peppers, onions, and carrots) in a pan with a little oil until tender. Serve the baked tofu and vegetables over rice.

**Black Bean and Quinoa Enchiladas:** These enchiladas are a great source of protein, with black beans and quinoa providing a whopping 15 grams per serving. To make them, mix together cooked quinoa, black beans, diced tomato, diced onion, and diced bell pepper. Fill whole wheat tortillas with the mixture and roll up. Place the enchiladas in a baking dish and top with your choice of enchilada sauce and shredded cheese. Bake in the oven at 350°F for 20-25 minutes, or until the cheese is melted and the enchiladas are heated through.

**Peanut Butter and Oat Energy Balls:** These protein-packed energy balls are a great snack to have on hand when you need a quick boost. To make them, mix together old-fashioned oats, peanut butter, honey, and a pinch of salt in a bowl. Form the mixture into balls and refrigerate until firm. Peanut butter is a great source of plant-based protein, with about 8 grams per serving.

**Edamame and Avocado Salad:** Edamame is a type of soybean that is often served as a snack in Japanese restaurants. It is a great source of plant-based protein, with about 8 grams per serving. To make an edamame and avocado salad, mix together cooked and shelled edamame, diced avocado, diced tomato, diced red onion, and chopped cilantro. Dress with a mixture of olive oil, rice vinegar, and a pinch of salt.





# Smoothies

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**Peanut Butter and Banana Smoothie:** This smoothie is a great way to get a protein boost on the go. Simply blend a banana, a scoop of peanut butter, a cup of unsweetened almond milk, and a handful of ice in a blender. Peanut butter is a great source of plant-based protein, with about 8 grams per serving.

**Chocolate Protein Smoothie:** This creamy chocolate smoothie is packed with plant-based protein. To make it, blend a banana, a scoop of chocolate protein powder, a cup of unsweetened almond milk, a handful of spinach, and a handful of ice in a blender.

**Green Protein Smoothie:** This refreshing smoothie is packed with protein and nutrients. To make it, blend together a banana, a scoop of vanilla protein powder, a cup of unsweetened almond milk, a handful of spinach, a handful of frozen mango chunks, and a handful of ice in a blender.

**Berry Protein Smoothie:** This fruity smoothie is a great way to start your day. To make it, blend together a banana, a scoop of vanilla protein powder, a cup of unsweetened almond milk, a handful of frozen berries (such as strawberries, blueberries, or raspberries), and a handful of ice in a blender.

**Coconut Chia Protein Smoothie:** This tropical smoothie is packed with plant-based protein and healthy fats. To make it, blend together a banana, a scoop of vanilla protein powder, a cup of unsweetened coconut milk, a tablespoon of chia seeds, a handful of frozen mango chunks, and a handful of ice in a blender.



# Chia Pudding

## Ingredients:

- 1 1/4 cup chia seeds
- 1 cup unsweetened almond milk (or other plant-based milk)
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional)
- 5 Toppings of your choice (such as fresh fruit, nuts, and coconut flakes)



## Instructions:

- 1 In a medium bowl, whisk together the chia seeds, almond milk, vanilla extract, and honey or maple syrup (if using).
- 2 Let the mixture sit for at least 10 minutes, or until the chia seeds have absorbed the liquid and the pudding has thickened.
- 3 Divide the pudding into serving bowls or glasses, and top with your choice of toppings.
- 4 Serve chilled or at room temperature.

## Classic Vanilla Chia Pudding: Ingredients:

- 1 1/2 cup chia seeds
- 2 2 cups unsweetened almond milk
- 3 2 tsp vanilla extract
- 4 2 tbsp maple syrup

## Directions:

- 1 In a medium-sized bowl, whisk together chia seeds, almond milk, vanilla extract and maple syrup.
- 2 Cover and refrigerate overnight.
- 3 Stir the mixture before serving, and add your favourite toppings like berries, nuts, or shredded coconut.



## Chocolate Chia Pudding: Ingredients:

- 1 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 2 tbsp cocoa powder
- 2 tbsp maple syrup

## Directions:

- 1 In a medium-sized bowl, whisk together chia seeds, almond milk, cocoa powder, and maple syrup.
- 2 Cover and refrigerate overnight.
- 3 Stir the mixture before serving, and add your favourite toppings like berries, nuts, or shredded coconut.

## Strawberry Chia Pudding: Ingredients:

- 1 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1 cup fresh strawberries
- 2 tbsp maple syrup

## Directions:

- 1 In a blender, puree the strawberries and add them to the chia seeds, almond milk and maple syrup.

2 Cover and refrigerate overnight.

3 Stir the mixture before serving, and add your favorite toppings like berries, nuts, or shredded coconut.

These are just a few examples of the many delicious plant-based chia pudding recipes that you can make. Feel free to get creative and experiment with different flavors, fruits, and toppings to suit your taste.

You can also customize this recipe by adding your favorite flavors, such as cocoa powder for a chocolate chia pudding, or mashed fruit for a fruity variation. Chia seed pudding is a great source of plant-based protein and healthy fats, with about 5 grams of protein per serving. **Enjoy!**





## Overnight Oats

Overnight oats are a convenient and healthy breakfast option that you can prepare the night before and enjoy in the morning. Here are a few plant-based overnight oats recipes that you can try:

**Basic Overnight Oats:** For a simple and versatile base recipe, mix together 1/2 cup rolled oats, 1/2 cup unsweetened plant-based milk (such as almond milk or oat milk), and 1/2 cup unsweetened plant-based yogurt in a jar or container with a lid. Add a drizzle of maple syrup and a pinch of salt, if desired. Cover and refrigerate for at least 8 hours or overnight. In the morning, top with your choice of toppings, such as fresh fruit, nuts, and a sprinkle of cinnamon.

**Chocolate Peanut Butter Overnight Oats:** For a indulgent twist on basic overnight oats, mix together 1/2 cup rolled oats, 1/2 cup unsweetened plant-based milk, 1/4 cup unsweetened plant-based yogurt, 1 tablespoon cocoa powder, 1 tablespoon peanut butter, and a drizzle of maple syrup in a jar or container. Cover and refrigerate for at least 8 hours or overnight.

In the morning, top with additional peanut butter, chocolate chips, and a sprinkle of chopped peanuts, if desired.

**Blueberry Vanilla Overnight Oats:** For a fruity variation, mix together 1/2 cup rolled oats, 1/2 cup unsweetened plant-based milk, 1/2 cup unsweetened plant-based yogurt, 1/2 cup frozen blueberries, and 1 teaspoon vanilla extract in a jar or container. Cover and refrigerate for at least 8 hours or overnight. In the morning, top with additional blueberries, a sprinkle of chopped nuts, and a drizzle of maple syrup, if desired.

**Banana Nut Overnight Oats:** For a comforting and nourishing option, mix together 1/2 cup rolled oats, 1/2 cup unsweetened plant-based milk, 1/2 cup unsweetened plant-based yogurt, 1 mashed banana, and 1 tablespoon chopped nuts (such as almonds or walnuts) in a jar or container. Cover and refrigerate for at least 8 hours or overnight. In the morning, top with additional banana slices and a sprinkle of chopped nuts, if desired.

**Strawberry Coconut Overnight Oats:** For a tropical twist, mix together 1/2 cup rolled oats, 1/2 cup unsweetened plant-based milk, 1/2 cup unsweetened plant-based yogurt, 1/2 cup diced strawberries, and 1 tablespoon shredded coconut in a jar or container. Cover and refrigerate for at least 8 hours or overnight. In the morning, top with additional strawberries and a sprinkle of shredded coconut, if desired.



# Snacks

## Savory hummus:

### Ingredients:

- 1 can (15 ounces) chickpeas, drained and rinsed
- 2 cloves garlic, peeled
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground paprika
- 1/4 teaspoon salt
- 2-3 tablespoons water (optional)

### Instructions:

- In a food processor or blender, combine the chickpeas, garlic, tahini, lemon juice, olive oil, cumin, paprika, and salt. Process until smooth, scraping down the sides as needed.
- If the hummus is too thick, add a little water (1 tablespoon at a time) to thin it out to your desired consistency.
- Taste and adjust the seasonings as needed.
- Transfer the hummus to a serving bowl, and garnish with a drizzle of olive oil, a sprinkle of paprika, and a sprinkle of chopped parsley or cilantro, if desired.
- Serve the hummus with vegetables, crackers, or pita bread for dipping. This hummus is a great source of plant-based protein, with about 5 grams per serving. **Enjoy!**



# Cashew Cheese

Here is a simple recipe for homemade cashew cheese:

## Ingredients:

- 1 cup raw cashews, soaked in water for at least 2 hours or overnight
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 cup water (more or less as needed)

## Instructions:

- Drain the soaked cashews and add them to a blender or food processor.
- Add the nutritional yeast, lemon juice, garlic, salt, and water.
- Blend the ingredients until smooth and creamy, scraping down the sides as needed. You may need to add a little more water to reach your desired consistency.



# Vegan Portobello Mushroom Pizza

## Ingredients:

- 1 4 large Portobello mushroom caps
- 2 4 tbsp olive oil
- 3 2 cloves of garlic, minced
- 4 Salt and pepper, to taste
- 5 1 cup of your favorite vegan pizza sauce
- 6 2 cups shredded vegan mozzarella cheese
- 7 1/2 cup chopped fresh basil
- 8 Your choice of toppings: sliced bell peppers, onions, mushrooms, black olives, etc.

## Directions:

- 1 Preheat the oven to 375°F (190°C).
- 2 4 tbsp olive oil Remove the stems from the mushroom caps and gently scrape out the gills with a spoon. e oil
- 3 In a small bowl, mix together the olive oil, garlic, salt, and pepper.
- 4 In a small bowl, mix together the olive oil, garlic, salt, and pepper.
- 5 Place the mushroom caps, gill side up, on a baking sheet.
- 6 Spread 2 tablespoons of vegan pizza sauce on each mushroom cap.

- 7 Sprinkle shredded vegan mozzarella cheese on top of the sauce.
- 8 Add your choice of toppings, then sprinkle with chopped basil.
- 9 Bake for 15-20 minutes, or until the cheese is melted and the mushrooms are tender.
- 10 Remove from the oven and let it cool for a few minutes before serving.

This recipe serves 4 and you can enjoy your homemade Vegan Portobello mushroom pizza with a side salad or a glass of vegan wine. Feel free to customize it to your taste by using different types of vegan cheese, herbs, or toppings.



# High Protein Vegan Kale Salad:

## Ingredients:

1 1 bunch of kale, washed and chopped

2 1 can of chickpeas, drained and rinsed

3 1/2 cup of quinoa, cooked

4 1/2 cup of roasted pumpkin seeds

5 1/2 cup of dried cranberries

6 1/4 cup of chopped red onion

7 1/4 cup of chopped parsley

8 **For the dressing:**

9 1/4 cup of tahini

10 2 tbsp of lemon juice

11 2 tbsp of olive oil

12 1 clove of garlic, minced

13 Salt and pepper, to taste



## Directions:

- 1 In a large bowl, add the chopped kale, chickpeas, quinoa, pumpkin seeds, dried cranberries, red onion, and parsley.
- 2 In a small bowl, whisk together the tahini, lemon juice, olive oil, minced garlic, salt, and pepperto make the dressing.
- 3 Pour the dressing over the salad, and toss to coat everything evenly.
- 4 Let the salad sit for at least 30 minutes before serving, to allow the flavors to meld together.

This recipe serves 4 and it is an easy and delicious way to incorporate more plant-based protein into your diet while also getting a serving of healthy greens and other nutrient-rich ingredients. If you want to add extra protein, you can add some tofu or tempeh, or even some cooked lentils. You can also adjust the ingredients to your taste or what you have on hand.

**Optional: Add Pine Nuts**

## Vegan Chickpea Tuna Salad with Cranberries:

### Ingredients:

- 1 1 can of chickpeas, drained and rinsed
- 2 1/4 cup of vegan mayonnaise
- 3 2 tbsp of Dijon mustard
- 4 1 tbsp of lemon juice
- 5 1/4 cup of diced celery
- 6 1/4 cup of diced red onion

7 1/4 cup of dried cranberries

8 Salt and pepper, to taste

9 Lettuce or bread for serving

## Directions:

1 In a medium-sized bowl, mash the chickpeas with a fork or a potato masher.

2 Add in the vegan mayonnaise, Dijon mustard, lemon juice, celery, red onion, dried cranberries, salt and pepper. Mix everything together.

3 Taste and adjust seasoning as needed.

1 Let the mixture chill in the refrigerator for at least 30 minutes to allow the flavors to meld together.

2 Serve the "tuna" salad on a bed of lettuce or bread.

This recipe serves 4 and it's a tasty and easy way to make a vegan version of the classic tuna salad. The cranberries gives a nice touch of sweetness and the chickpeas give it a satisfying texture. You can also add other ingredients like capers or dill for extra flavor. You can also use it as a sandwich filler or as a dip with crackers.





## Smoothies

### Peanut Butter Protein Smoothie:

#### Ingredients:

- 1 banana
- 1 cup of unsweetened almond milk
- 1 scoop of vanilla vegan protein powder
- 2 tbsp of natural peanut butter
- 1 tsp of honey or maple syrup (optional)

#### Directions:

- Blend all the ingredients together until smooth and creamy. Serve immediately and enjoy!

# Berry Protein Smoothie:

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## Ingredients:

- 1 cup of frozen berries (strawberries, blueberries, raspberries)
- 1 scoop of vanilla vegan protein powder
- 1 cup of unsweetened almond milk
- 1 tbsp of chia seeds
- 1 tsp of honey or maple syrup (optional)

## Directions:

- Blend all the ingredients together until smooth and creamy. Serve immediately and enjoy!

# Spinach Protein Smoothie:

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## Ingredients:

- 1 banana
- 1 cup of fresh spinach
- 1 scoop of vanilla vegan protein powder
- 1 cup of unsweetened almond milk
- 1 tbsp of ground flaxseed



6 1 tsp of honey or maple syrup (optional)

## Directions:

1 Blend all the ingredients together until smooth and creamy.

2 Serve immediately and enjoy!

These are just a few examples of the many delicious and high-protein vegan smoothie recipes that you can make. Feel free to get creative and experiment with different ingredients and flavor combinations to suit your taste. Remember to always check the protein content of the vegan protein powder you are using.



There are many great resources available for plant-based athletes who are looking to improve their performance and overall health. Here are a few popular books that you may find helpful:

1

**"The Plant-Based Athlete"** by Dotsie Bausch and Ryan Andrew Newell - This book provides a comprehensive guide to plant-based nutrition for athletes, including information on how to get enough protein and other important nutrients, as well as tips for meal planning and recipe ideas.

2

**"Thrive Fitness: The Plant-Based Guide to Peak Athletic Performance"** by Brendan Brazier - This book offers a plant-based approach to sports nutrition and includes information on how to fuel your body for optimal performance, as well as recipes and meal plans.

3

**"No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self"** by Matt Frazier - This book provides a comprehensive guide to plant-based eating for athletes and includes information on how to get enough protein and other important nutrients, as well as tips for meal planning and recipe ideas.

4

**"The Plant-Based Boost: A Guide to Building Muscle and Improving Athletic Performance on a Whole-Food, Plant-Based Diet"** by Darryl Edwards - This book is written by a fitness professional who was able to achieve his best athletic performance after switching to a plant-based diet. He provides information on how to get enough protein and other essential nutrients and includes tips for meal planning and recipe ideas.

5

**"Plant-Fueled: The Plant-Based Guide to Performance and Wellness"** by Brendan Brazier - This book is written by a former professional Ironman triathlete and provides a comprehensive guide to plant-based nutrition for athletes and fitness enthusiasts, including information on how to get enough protein.

# PLANT BASED SHOPPING LIST

## LENTILS



# Lentils

**Diced tomatoes**

**Chili powder**

**Cumin**

**Salt**

**Chickpeas**

**Onion**

**Garlic**

**Parsley**

**Portobello mushrooms**

**Olive oil**

**Vegan whole grain buns**

**Banza Pasta Noodles**

**Tofu Extra Firm Organic**

**Cornstarch**

**Soy sauce**

**Vegetables (bell peppers, onions, carrots)**

**Brown or Cauliflower Rice**

**Whole wheat or coconut tortillas**

**Enchilada sauce**

**Vegan Shredded cheese**

**Old-fashioned oats**

**Peanut butter**

**Honey**

**Edamame**

**Avocado**

**Tomato**

**Red onion**

**Cilantro**

**Rice vinegar**

**Bananas**

**Unsweetened almond milk, coconut, hemp or soy milk**

**Vanilla vegan protein powder**

**Natural peanut or almond butter**

**Honey or maple syrup (optional)**

**Frozen berries (strawberries, blueberries, raspberries)**

**Chia seeds**

**Fresh spinach**

**Ground flaxseed**

**Can or bag of chickpeas**

**Vegan mayonnaise**

**Dijon mustard**

**Lemon juice**

**Celery**

**Red onion**

**Dried cranberries**

**Salt**

**Pepper**

**Romaine lettuce**

**Kale**

**Quinoa**

**Roasted pumpkin seeds**

**Red onion**

**Parsley**

**Tahini**

**Lemon juice**

**Olive oil**

**Garlic**

**Portobello mushroom caps**

**Olive oil**

**Garlic**

**Salt**

**Pepper**

**Vegan pizza sauce**

**Vegan mozzarella cheese**

**Fresh basil**

**Bell pepper**

**Onions**

**Mushrooms**

**Black olives**

**Spinach**

**Frozen mango chunks**

**Nutritional Yeast**

**Braggs Coconut Aminos**

**Apple Cider Vinegar**

# How to Prepare Tofu

There are many ways to prepare tofu, but here are some basic steps to get you started:

**Drain and press the tofu:** Remove the tofu from its packaging and drain off any excess liquid. Then, place the tofu between two plates or cutting boards and press it gently to remove any remaining water. You can also use a tofu press to make this step easier.

**Cut the tofu:** Once the tofu is pressed, you can cut it into the desired shape or size. Some popular options include cubes, slices, or crumbles.

**Marinate the tofu (optional):** Tofu has a mild flavor and can absorb the flavors of marinades easily. To marinate the tofu, place it in a shallow dish and cover it with your desired marinade. Allow the tofu to marinate for at least 30 minutes, or overnight for best results.

**Cook the tofu: There are several ways to cook tofu. Some popular methods include:**

**Pan-frying:** Heat some oil in a pan and cook the tofu over medium heat, flipping occasionally, until it is golden brown and crispy.

**Baking:** Toss the tofu with oil and seasonings and bake it in the oven at 400°F for 20-30 minutes, or until it is crispy.

**Grilling:** Brush the tofu with oil and grill it over medium heat for 2-3 minutes per side, or until it is slightly charred.

**Enjoy!** Once the tofu is cooked, you can add it to salads, sandwiches, stir-fries, or enjoy it as a side dish.

# PLANT BASED PROTEIN POWDERS

Some popular plant-based protein powders include pea protein powder, brown rice protein powder, and hemp protein powder. These types of protein powders are often considered to be some of the best plant-based options because they are high in protein and are easily digestible. Additionally, soy protein powder and pumpkin seed protein powder are also considered to be good options.

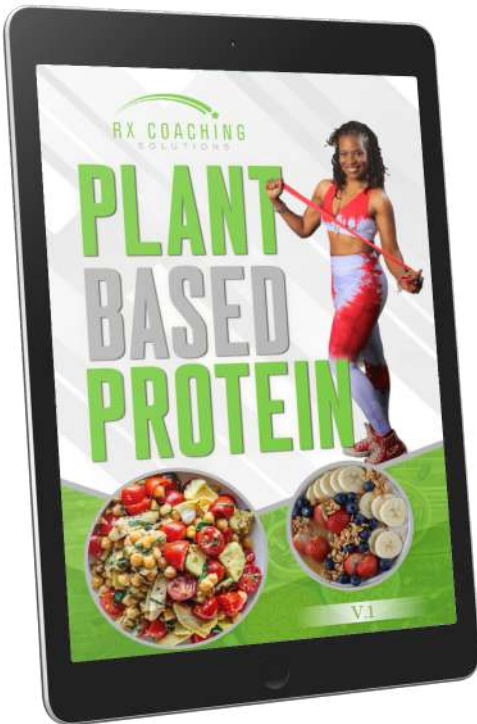
## Some popular vegan protein powder brands include:

- > Garden of Life
- > Sunwarrior
- > VEGA
- > Orgain
- > Nuzest
- > PlantFusion
- > Amazing Grass
- > Vega Sport
- > Nutiva
- > Protein Works

These brands are known for offering high-quality, plant-based protein powders that are free from animal products. They also often offer a variety of flavors and options such as organic and non-GMO, gluten-free and soy-free. The best brand for you will depend on your dietary restrictions, goals, and taste preferences, so it's always good to check the label and nutritional information before purchasing. Every pallet is different so you may have to try a few options before finding one that works for you!

My personal favorites are Vega Sport and Protein Works because they offer a wide range of flavors and options, and are high in protein content. Additionally, both brands use a variety of plant-based ingredients such as pea protein, brown rice protein, and hemp protein, which provide a complete amino acid profile and are easily digestible. They also use quality ingredients, and do not use any artificial sweeteners, colors or preservatives. The brands also have good reputation for being clean, transparent, and for being environmentally friendly. Overall, Vega Sport and Protein Works are great options for those looking for high-quality, plant-based protein powders.

I hope you enjoyed this e-Book! To continue your journey towards a high-protein vegan lifestyle, be sure to check out our website for more resources and information. From recipes to workout plans, we've got everything you need to support your health and wellness goals. And don't forget to follow us on social media for daily inspiration, tips, and updates. Thank you for reading and we hope you found this ebook helpful. Happy, healthy living!



## CONTACT ME!

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