

Vegan Cookbook

High Protein Recipes

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Vegan Cookbook for Athletes 2020

High Protein Recipes, Fitness and
Bodybuilding

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PART I:

A Comprehensive Guide

On

Vegan High Protein Diet

CHAPTER 1

AN INTRODUCTION TO VEGAN DIET



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Veganism is normally practicing abstinence in the consumption and use of animal-based products such as eggs and dairy products, and often-inedible goods like wool, leather, and silk. It's a method of living that attempts to exclude all forms of exploitation of, and cruelty to, animals for food, clothes, or another function. People who practice this lifestyle are called Vegans, which can be completely distinct from Vegetarians who often eat dairy products and eggs.

Based on stats from Wikipedia, Veganism is quickly growing from just a few million from the early'90s to approximately 550-950 million worldwide as of this past year. The search phrase

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for veganism has almost gone up by 550 percent based on Google. A research from 2010 reveals that there's roughly 1.5 billion world people that are vegans around the planet.

Approximately 8 million Adults at the U.S. are Vegetarians based on this National Harris Poll released by the Vegetarian Resource Group at 2016. About half of those Vegetarians have been Vegans i.e. roughly 3.7 million U.S. adults.

Furthermore, you will find a Set of people that combine the notion of Veganism and of Raw Fordism. They exclude all products and food from animal source, and meals cooked at high temperatures and also some other food that's processed or modified from its natural condition. These group of individuals are called Raw Vegans. Unfortunately, little is understood concerning the uncooked vegan diet since it isn't widely employed.

An alarming amount of Folks usually choose to go vegetarian for ecological health, or moral factors. Other common reasons include:

- To prevent additives and antibiotics in meat
- Compassion for animals
- To consume a generally healthier meal
- An Entire dislike for the taste of beef
- To Decrease impact on the surroundings
- To reduce ailments like diabetes and cancer
- For spiritual convictions
- To consume less expensively
- To Shed Weight
- To Decrease ingestion of cholesterol and cholesterol
- To preserve vocal health particularly for Singers and musicians.

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When done correctly, this type of Diet may lead to many health benefits, such as a trimmer waist and improved blood glucose control. But a diet based largely on plant foods, generally, usually boost the risk of nutrient deficiencies.

This eBook is a Total beginner's guide into the Vegan diet. It comprises information not only about following a vegan diet the ideal way but also everything you need to know about Protein Vegan sources.

What Is A Vegan Diet?

Vegans almost eat Plant-based foods which range from grains to legumes, fruits, vegetables, and nuts. While they normally have a vast array of foods to select from, the diets are extremely restrictive to those categorized under Omnivorous diets. People today want to stick to a vegetarian diet for a few reasons.

Those motives usually Range from ethics to ecological issues, but they could also stem from a desire to increase wellbeing. While regarded as a wholesome diet about the prevention of ailments, it requires a great deal of preparation to get enough iron, protein, and calcium on a Vegan diet, though that doesn't eliminate the possibility.

Contrary to popular Remarks like 'you simply eat salad?' From non-vegans, Vegan-diet can incorporate a vast array of Italian pasta, Chinese stir-fries, Indian curries, as well as 'beef' loaf made from textured vegetable protein or legumes. A great deal of milk and meat analogs are now currently available, such as sausages, hamburgers, hot dogs, 'poultry' nuggets, milk, cheese made without animal products.

Foods That Require Abstinence

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Vegans avoid eating any Animal foods, such as foods containing ingredients derived from animals. These include:

- Meat and poultry: Steak, lamb, pork, veal, horse, organ meat, wild meat, poultry, turkey, goose, duck, quail, etc...
- Fish And fish: All kinds of fish, anchovies, shrimp, squid, scallops, calamari, mussels, crab, lobster, etc...
- Dairy: Milk, yogurt, cheese, butter, cream, ice cream, etc...
- Eggs: From chickens, quails, ostriches, fish, etc...
- Bee Goods: Honey, bee pollen, royal jelly, etc...
- Animal-based Ingredients: These include Whey, casein, lactose, egg white albumen, gelatin, cochineal or carmine, isinglass, shellac, L-cysteine, animal-derived vitamin D3 and fish-derived omega-3 fatty acids.
- Vegans avoid consuming any animal flesh, animal byproducts or meals containing a component from animal source.

Types Of Vegan Diets

Important varieties of Vegan diets comprise the following:

- **Whole-Food Vegan Diet:** This can be a diet based on a wide selection of complete plant foods like fruits, veggies, whole grains, legumes, nuts, and seeds.
- **Raw-Food Vegan Diet:** This vegetarian diet predicated on uncooked fruits, veggies, seeds, nuts, or plant foods cooked in temperatures under 118°F (48°C).
- **80/10/10 Vegan Diet:** The 80/10/10 Vegan diet is a raw-food vegan diet which restricts fat-rich plants like avocados and nuts and is based chiefly on fruits and tender greens instead. This is also known as the minimal fat, raw-food vegetarian diet, or fruitarian diet.

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- **The Starch Option:** The starch solution is a very low fat, high-carb vegetarian diet much like this 80/10/10 but that concentrates on cooked starches such as potatoes, rice, and corn rather than fruit.
- **Raw Till 4:** A low-carb vegan diet Motivated from the 80/10/10 and starch alternative. Processed foods are consumed till 4 meals, with the choice of a cooked noodle meal.
- **Junk-Food Vegan Diet:** This is considered a Vegan diet which is lacking in whole plant foods also is based heavily on legumes and sandwiches, fries, vegan desserts, along with other processed foods.

Although several Variations of this vegan diet exist, many scientific study infrequently differentiates between different kinds of foods. There are a lot of methods to stick to a vegetarian diet but seldom do scientific study distinguish between different kinds.

Health Advantages Of Vegan Diets

A vegetarian diet may help keep your heart healthy. Observational research Report vegans might have up to a 75 percent lower chance of developing high blood pressure along with a 42 percent lower risk of dying from cardiovascular disease.

Several reports that Vegan diets are far more capable of reducing blood glucose, LDL and total cholesterol compared to diets compared. These effects may be especially beneficial because lowering blood pressure, cholesterol and blood glucose may decrease cardiovascular disease risk by up to 46 percent.

Vegan Protein Diets Assist in Weight Reduction. Vegans often have a Reduced body mass index (BMI) compared to meat-eaters. This gives a more profound Insight as to why a growing number of individuals turn to vegetarian protein diets as a substitute way out to shed extra weight.

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Vegan diets look very capable of helping individuals and obviously lower the amount of calories that they consume, leading to weight reduction.

Blood Sugar and Form 2 Diabetes :

Adopting a vegetarian diet can help keep your blood glucose in check and type 2 diabetes. Several studies reveal that vegans gain from reduced glucose levels, greater insulin sensitivity and around a 78 percent lower chance of developing type 2 diabetes compared to non-vegans

Vegan diets look especially good at enhancing markers of blood glucose management. They might also lessen the possibility of developing type 2 diabetes.

Cancer threat: Vegans may benefit from a 15 percent lower risk of developing or dying from cancer.

Arthritis: Vegan diets look especially good at reducing symptoms of arthritis like pain, joint swelling, and morning stiffness.

Kidney function: Individuals with diabetes who substitute meat for plant protein can decrease their risk of decreased kidney function.

Alzheimer's disease: Observational research Demonstrate that aspects of the diet can cut the chance of developing Alzheimer's disease.

Nevertheless, bear in mind that the majority of the studies behind these advantages are observational. This makes it hard to ascertain if the vegan diet immediately caused the positive aspects. Randomized controlled studies are required before definite conclusions can be created.

CHAPTER 2

IMPORTANT FOOD GROUPS THAT CONSTITUTE A HEALTHY VEGAN DIET



Photo credit : Unsplash

To exclude all kinds of Animal exploitation and cruelty, vegans avoid conventional sources of iron and protein like poultry, meat, eggs and fish. It's therefore essential to substitute these animal products together with protein- and - iron-rich plant choices like legumes, seaweeds, nuts. Below is a list of food groups that will help you attain a balanced nutrition if you have chosen to follow vegan diet plan.

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1. Legumes

Legumes are excellent Sources of fiber, slowly digested carbohydrates, iron, folate, manganese, zinc, antioxidants, and other health-promoting plant compounds. Further, legumes like beans, peas and lentils also include the ideal number of anti-nutrients, which can lower the absorption of nutritional supplements. It is advantageous to Sprout, ferment or cook beans well since these procedures can reduce the degree of anti-nutrients.

Just avoid consuming them in precisely the exact same period as calcium-rich foods. And by comparison, eating beans in conjunction with vitamin C-rich fruits and veggies can further improve your absorption of iron.

2. Nuts, Nut Butters and Seeds

Nuts, seeds as well as Butter are healthy, versatile foods rich in protein and nutrients that quite vegan should look at adding them to their own diets. That is in part as a 1-oz (28-gram) serving of nuts or seeds comprises 5--12 g of protein. This makes them a Fantastic choice to protein-rich animal products.

Additionally, nuts and Seeds are great sources of iron, magnesium, fiber, zinc, selenium and vitamin E. Additionally they contain the ideal number of antioxidants as well as other beneficial plant chemicals.

3. Calcium-Fortified Plant Milk and Yogurts

Vegans often eat smaller quantities of calcium daily than meat eaters that influence their bone health adversely. This seems particularly true if calcium intake drops under 525 milligrams every day. Because of this, vegans should try to create calcium-fortified plant milk and plant yogurts a part of their everyday menu.

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People Seeking to Increase their protein consumption concurrently should elect for milk and yogurts made from soy or berry. Coconut, almond, rice and oat milk are all lower-protein choices.

4. Seaweed

Seaweed is a Protein-rich supply of essential fatty acids. It's also full of antioxidants and potassium, but shouldn't be relied upon as a source of vitamin B12. Algae like spirulina And chlorella are also great sources of protein, two tablespoons (30 ml) of these supply about 8 g of protein. Additionally, seaweed Contains magnesium, riboflavin, manganese, potassium, iodine and affordable quantities of antioxidants.

The Reference Daily Intake (RDI) of potassium is 150 micrograms daily. Vegans can fulfill their needs by consuming a number of servings of seaweed each week. It's important to notice that, some sorts of seaweed (like kelp) contain exceptionally acidic material, so needs to be consumed in moderate quantities.

5. Nutritional Yeast

Nutritional yeast is generated from a deactivated breed of *Saccharomyces cerevisiae* yeast. It may be seen in the kind of yellowish powder or flakes in many supermarkets and health food shops. 1 ounce (28 g) comprises approximately 14 g of protein and 7 grams of fiber. Additionally, nutritional yeast is often fortified with magnesium, magnesium, magnesium, manganese and B vitamins, including vitamin B12. Fortified nutritional Yeast is a protein-rich supply of vitamin B12. But, non-fortified models aren't a trusted supply of the vitamin.

6. Sprouted and Fermented Plant Foods

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Sprouting and Fermenting are time-tested and simple ways to increase the amount of beneficial nutrients consumed from plant foods and may also improve their total protein quality. Interestingly, sprouting can also marginally reduce the quantity of gluten found in individual grains. Fermented plant foods are great sources of probiotic bacteria, which could help improve immune function and digestive health.

You can try sprouting or fermenting grains at home. Some may also be purchased in shops, including Ezekiel bread, tempeh, miso, natto, sauerkraut, pickles, kimchee, and kombucha. Sprouting and fermenting foods helps improve their nutritional value. Fermented foods also offer vegans using a supply of probiotics and vitamin K2.

7. Whole Grains, Cereals, and Pseudo cereals

Whole grains, cereals, and pseudo cereals are great sources of complex carbohydrates, fiber, and iron, in addition to B vitamins, magnesium, phosphorus, and selenium, although some forms are more nutritious than others are, particularly when it comes to protein.

For example, the ancient grains spelled and tiff includes 10–11 g of protein a cooked cup (237 ml). That is a lot compared to rice and wheat. The pseudo cereals amaranth and quinoa come in a close second with approximately 9 g of protein a cooked cup (237 ml).

8. Choline-Rich Foods

The nutrient choline is essential for the health of the liver, brain and nervous system. Choline can be found in small quantities in a huge array of fruits, veggies, legumes, nuts, and grains. Nevertheless, the plant foods with the most significant amounts include tofu, soy milk, broccoli, cauliflower, and quinoa.

Daily choline requirements increase during pregnancy. Endurance athletes, heavy drinkers and postmenopausal women might also be at greater risk of lack. Hence, they should use Choline-rich plant Foods.

9. Fruits and berries

There are lots of Techniques to change out your favorite foods with vitamin- and - mineral-rich fruits and veggies instead. For Example, mashed Banana is a great substitute for eggs in baking recipes. Banana ice cream is additionally a favorite replacement for dairy-based ice cream.

Eggplant and mushrooms, particularly criminal or Portobello, is a terrific way for a meaty feel; Jackfruit for meat in delectable dishes such as stir-fries and barbecue sandwiches and cauliflower for a pizza crust. Vegans should also target to improve their consumption of iron- and - calcium-rich vegetables and fruits. Including leafy greens like book Choy, spinach, kale, watercress, and mustard greens. Broccoli, turnip greens, Artichokes, and blackcurrants are also excellent choices.

Vegetables and fruits are very healthy, and a number of them may be utilized as options for animal foods. A well-planned Plant-based diet which includes sufficient quantities of those foods addressed in this chapter can help vegans remain healthy and prevent nutrient deficiencies. But some Vegans might find it tough to consume these foods in adequate amounts. In such circumstances, nutritional supplements are a fantastic backup choice to think about.

CHAPTER 3

OVERVIEW OF A HIGH PROTEIN VEGAN DIET



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The Difficult question sets From Non-vegans concerning where vegans obtain their protein because their diets are void of animal products, which to them may be the sole source of nourishment. But they don't understand that all foods include protein particularly plant foods that's a more effective source. Thus, this suggests that Vegans have a more substantial quantity

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of protein compared to non-vegans do. Even Though it requires a Little more preparation, a low-carb, high protein vegetarian diet is attainable.

The first viable step is to create a list of high-protein vegetarian foods from which you may create your selections. With this advice, you are able to devise a low-carb meal program to get as much protein as you can. An active collection of high protein foods comprises the following: Quinoa, tofu, tempeh, Edam me, seaman, lentils, chickpeas, almonds, hemp seeds, broccoli, etc...Unfortunately, 90 percent of these protein sources might appear alien to you personally; below are helpful details and everything you need to know on following a high protein vegan diet.

What is your Personal Protein requirement?

To plan your high-protein vegan diet, first determine how much protein you need each day. The recommended daily intake established by the National Academy of Medicine is 46 grams per day for women and 56 grams per day for men. Looking at the list of high-protein vegan foods, these targets are easy to reach.

Some people will need more protein than the RDA because of their daily activity physical needs. Like Weightlifters, bodybuilders and very physically active people often need more protein to support muscle repair and growth. These people should aim for 1.2 to 1.8 grams of protein per kilogram of body weight each day, according to Chris Mohr, Ph.D., RD. For a person who weighs 160 pounds, that would be 87 to 130 grams per day. Further, Individuals who are interested in weight loss also may want to boost their protein intake.

Ideally, your protein requirement varies according to your physical activity level and body type. Hence, this should be taken into account while planning your diet.

Are Plant Proteins Complete?

Most of the people are under the false assumption that plant protein is lower in value than animal protein. Well, most plant proteins are "incomplete," that is, missing or low in one or more of the amino acids, the building blocks of protein. So, how do you get these essential amino acids for your body's needs.

A widespread myth is that in order to get sufficient amino acids, you have to eat "complementary" plant proteins together at each meal. Complementary protein foods are thought to be those that fulfill the low or missing amino acids of the other protein source.



Here's what you need to know: Incomplete proteins—like whole grains, nuts and produce—can join together and produce a complete protein, packed with all nine essential amino acids that the body cannot produce on its own. So as long as you consume various sources throughout the day, you'll get all the amino acids you need, and you don't have to worry about eating certain foods at the same time. However, there are some exceptions to the rule. Some plant foods provide complete protein, including soy, hemp and buckwheat.

Protein Supplements

Most vegans can get all the protein they need and then some, without needing a protein supplement. However, sometimes at the end of the day, you realize you've fallen short of your protein goals. In these situations, you can certainly spoon some protein powder into your dessert smoothie.

Quick breakfasts on the go are another time protein supplements can come in handy. Just grab some frozen fruit, a handful of spinach and anything else you have a taste for, and combine it with a scoop of protein powder in your blender. That's a high-protein vegan meal you can take with you in the car when you're rushing to work, instead of relying on a low-protein bowl of cereal or piece of toast.

Just make sure you're choosing a high-quality protein powder that's low in sugar or sugar free. Look for ingredients such as hemp, pumpkin, sprouted rice, spirulina, peas and chia. Not only will you add protein to your smoothie, but you'll also add a range of vitamins, minerals and antioxidants.

High Protein Foods for Vegans

Below is a list of foods and sources that can fulfil your high protein needs on a vegan diet plan.

1. Soy Products like Tofu, tempeh, and edamame Beans

Soy Solutions are one of the most abundant sources of nourishment within a diet. The protein content changes with how the soya is ready:

- Firm tofu (soya bean Curds) comprises about 10 gram of protein a 1/2 cup
- Edam me beans (immature Soya beans) include 8.5 gram of protein a 1/2 cup
- Tempeh comprises about 15 gram of protein a 1/2 cup

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Folks can attempt tofu, as a meat replacement, in a favorite soup or sandwich. Tofu is also a favorite meat substitute in certain dishes, including Kung pal chicken and sweet and sour chicken. These soy products too include good levels of iron and calcium, making them healthy substitutes for dairy products.

2. Lentils

Red or green peas Include lots of fiber, protein, and essential nutrients, such as potassium and iron. Cooked lentils contain 8.84 gram of protein a 1/2 cup. Lentils are an excellent Source of nourishment to improve a dinner or lunch routine. They may be added to stews, curries, salads, or rice to provide an excess part of protein.

3. Chickpeas

Cooked chickpeas are high in protein, comprising around 7.25 gram per 1/2 cup. Chickpeas can be eaten cold or hot, and therefore are exceptionally versatile with lots of recipes available on

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the internet. They could, by way of instance, be added to stews and curries, or spiced with paprika and roasted in the oven. You can also add Hummus that is made of chickpea glue to a sandwich to get a healthy, protein-rich option to butter.

4. Peanuts

Peanuts are Protein-rich, filled with healthy fats, and might enhance cardiovascular health. They feature around 20.5 gram of protein each 1/2 cup. Peanut butter can also be full of protein, with 8 grams per tbsp., which makes peanut butter sandwiches a healthy protein snack that is complete.

5. Almonds

Almonds provide 16.5 gram of Protein a 1/2 cup. They also supply the ideal amount of vitamin E, which can be excellent for the eyes and skin.

6. Spirulina

Spirulina is blue or Green algae which contain approximately 8 grams of protein per two tbsp. It's also full of nutrients, such as iron, B vitamins although perhaps not vitamin B-12 -- and manganese. It's available online, as a powder or a nutritional supplement. It may be added to smoothies, water, or fruit juice. Someone may also scatter it over snacks or salad to improve their content.

7. Quinoa

Quinoa is a grain a high-protein material also can be a complete protein. Cooked quinoa includes 8 grams of protein per cup. This grain can be abundant in different nutrients, such as iron, magnesium, fiber, and manganese. It's also highly elastic. Quinoa can fill for pasta in soups and stews. It could be sprinkled on a salad or eaten as the primary course.

8. Mycoprotein

Mycoprotein is a fungus-based protein. Mycoprotein products comprise approximately 13 gram of protein a 1/2 cup serving. Products with Mycoprotein are usually advertised as meat

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replacements and can be found in forms such as "chicken" nuggets or cutlets. But a number of these products include egg white, therefore individuals have to make certain to inspect the tag. People who have a history of hay allergies with several food allergies might want to look at a different protein supply.

9. Chia seeds

Seeds are low-calorie Foods rich in fiber and also heart-healthy Omega-3 fatty acids. Chia seeds are a comprehensive source of protein which contains 2 gram of protein per tablespoon. Consider adding chia seeds into a smoothie, scatter them along with a spoonful that is fermented, or soaking them in water or almond milk to produce a pudding.

10. Hemp seeds

Comparable to chia seeds, Hemp seeds are a whole protein. Hemp seeds provide 5 gram of protein per tablespoon. They may be utilized in a similar approach to chia seeds. Hemp seeds also can be purchased online.

11. Beans with rice

Separately rice and Beans are incomplete protein resources. Once eaten together, this timeless meal may provide 7 grams of protein per cup. Try out rice and legumes as a Side dish, or blend legumes, and hummus together then distribute on Ezekiel bread that is made from sprouted grains, for a savory, protein-packed meal.

12. Potatoes

A large baked potato Provides 8 grams of protein per serving. Potatoes can also be high in other nutrients, such as potassium and vitamin C. Add two tablespoons of Hummus for a yummy snack which is fitter than butter-covered potatoes and increases the protein content. Two tablespoons of hummus include approximately 3 gram of protein.

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13. Protein-rich veggies

Many dark-colored, Leafy greens and veggies contain protein. Once eaten, these foods aren't sufficient to meet daily protein requirements, however some vegetable bites may boost protein consumption, especially when blended with additional protein-rich foods.

- A single, moderate stem of broccoli comprises about 4 grams of protein.
- Kale provides 2 gram of Protein each cup
- Five medium mushrooms Provide 3 gram of protein

14. Seitan

Seitan is a whole Protein generated by blending wheat gluten with several spices. The high-wheat content implies that it needs to be avoided by people with celiac disease or gluten intolerance. For many others, it is sometimes a protein-rich healthier beef replacement. When cooked in soy Sauce, that is rich in the amino acid lysine, seitan becomes a whole protein source that provides 21 g per 1/3 cup.

15. Ezekiel bread

Ezekiel bread is a Nutrient-dense alternate to classic bread. It's produced of wheat, barley, lentils, and millet. Ezekiel bread is a great pick for bread fans who would like a more healthy way to eat sandwiches or toast. Ezekiel bread provides 4 G of protein per piece.

Flours Containing High Protein For Vegans



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Flours are generally the first suggestion which comes to mind with respect to low-carb foods, particularly with the rest of the excellent options it is possible to eat. And while bread is poor in comparison to eating whole food, (which many flours are made from), unrefined healthful and wheat choices can come in easy to use in an assortment of recipes.

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The protein content of Wheat germ may vary from 5 to 15 per cent, and this variance can considerably influence your own recipes. Choice flours, produced from flour soy or legumes, may also offer you a high protein content, however a taste which might not please your mind.

A High-protein flour May take the tag "high protein" or "bread flour." However, this kind of flour provides 362 calories per 100 g, with 1 g of fat, 70 g of carbs and 15 g of protein. Now examine this stat. of Wheat flour, which contains only 8 grams of protein per cup. High-protein wheat flours make dense, brick-like cakes, vast pieces of bread. Nevertheless, Wheat flour protein isn't complete, meaning it lacks a few of the important amino acids located in complete protein sources such as meat and eggs.

Below is a comprehensive Listing of a few of the very different real, gluten-free flours which are fortunately also packaged with protein per serving.

1. Quinoa Flour

Quinoa flour, made of Ground quinoa seeds, contains 16 grams of protein per cup, approximately comprises 4-5 g per 1/4 cup plus is completely fermented that is considerably different than entire quinoa, although still packaged with all of the essential amino acids located in entire quinoa.

Quinoa flour has a brilliant, salty flavor and functions well in recipes such as savory breads, pasta crust, waffles, as well as fermented stuffing and cornbread.

2. Coconut Flour

Coconut flour may be used in lots of ways and is among the easiest ways to incorporate more protein into your meals. It's crucial to be aware that for each 2 tablespoons, this yummy grain

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and fermented flour includes 3.5 grams of protein. For each 1/4 cup, with 7 g, that is greater than oat flour, wheat germ, or maybe a bowl of oatmeal for this issue.

Try using it in Oatmeal, baking using it, placing it in smoothies to thicken it up, or create protein powder biscuits or breads with it with just coconut milk, almond milk, coconut milk, chia seeds, and a tiny ground flax. Coconut flour can also be saturated in antibacterial properties, along with the 6 g of fiber it contains from each 2 tbsp. helps boost digestive wellness.

3. Amaranth Flour

Per 1/4 cup of amaranth Flour, you will get 4 g of protein, which will be roughly the same as an entire wheat-based flour. Amaranth, however, is gluten free and grain-free, therefore it delivers some digestive advantages to people with sensitivities. It is made just from amaranth seed (that can be known as an early grain) and is among the most amazing sources of protein from the Nordic kingdom.

Additionally, it is full of iron, B vitamins, and minerals together with potassium, magnesium, calcium, and calcium. Amaranth flour works well everywhere else you'd utilize fermented flours, even though it's best suited to applications such as pizza crust, muffins, bits of bread, and biscuits since it's a different, nutty taste.

4. Tiff Flour

Richer in protein compared to every other, with 7 g per 1/4 cup, tiff is this wonderful small seed (along with the smallest one to exist!) In case you haven't discovered yet, tiff is the newest "it" grain-like seed to be ingesting. Tiff flour is all of the rage nowadays too. Use it to create desserts, brownies, cakes, breads, muffins, pancakes, waffles and much more.

5. Chia Flour

Chia flour is a fantastic way to gain from chia's high protein content and is simply made from soil, raw, cold-milled chia seeds. Adding 3 g of protein per two tbsp., that's just like chia seeds, chia flour is among the healthiest alternatives to white flour you can utilize. Chia seeds along with chia flour contains all of the essential amino acids that your body needs.

Chia flour helps to add a sweet, nutty, somewhat bread-like texture and flavor to your meals, while also being reduced in carbs. Utilize chia flour to generate whatever you like such as sandwiches, waffles, fast pieces of bread, and biscuits. It is even beneficial in smoothies, oatmeal, and dessert to function as a thickener.

6. Soy flour

Soy flour includes no gluten free, therefore it's proper for individuals on a gluten free diet plan. It comes from legumes and generally has a number of the fat removed to stop rapid spoilage. 1 cup, roughly 100 g, of defatted soy milk, provides 329 calories, 1 g of fat, and 38 g of carbs and 47 g of protein. You may consume to 1/4 cup of soy flour to substitute an equal quantity of wheat flour in baked products.

Soy flour's taste is much better suited to dredging vegetables or meats prior to sautéing or for thickening sauces. The protein in soy milk is finished, meaning it delivers all the essential amino acids. Soy flour also provides the advantages of is flavones that can protect against cardiovascular disease and relieve symptoms of menopause.

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7. Garbanzo bean Flour

Garbanzo bean flour, also referred to as chickpea flour, comes from the flour, dried garbanzo beans. The bread is fermented and most frequently appears in bread and sauce recipes. 1 cup of garbanzo bean flour, weighing approximately 120 g, comprises 440 calories, 8 g of fat, and 72 g of carbs and 24 g of protein. Garbanzo bean flour has a distinctive flavor and can't be utilized as an immediate replacement for wheat germ. The protein isn't complete.

Added Listing of High-Protein flours

Buckwheat flour isn't associated with wheat and provides 13 g of protein per cup. Utilize buckwheat flour with wheat bread to make pancakes or as a gluten-free alternative to wheat flour to thicken sauces. Keep in mind that depending on the recipe, a number of those flours might ask that you correct the liquid into your recipes or perhaps the quantity of baking soda (that will help them grow.)

Another great alternatives to the list are chickpea (garbanzo bean) milk, green pea flour, hemp protein powder, as well as sprouted brown rice powder.

CHAPTER 4

A SAMPLE VEGAN PROTEIN DIET PLAN TO FOLLOW



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1-Week Vegan Protein Diet Plan

To plan your own High-protein vegetarian diet, first, ascertain how much protein you want every day. The suggested daily intake established by the National Academy of Medicine is 46 g every day for women and 56 g every day for men. Below is a comprehensive One-week protein diet program for vegans based on the above mentioned information.

The Vegan Protein Diet

Days	Breakfast	Lunch	Dinner	Snack
Day 1	Bread and Scrambled Tofu	Green bean Salad and smoked tofu	Coconut curry vegetables	Peanut butter crackers with celery
Day 2	Bread and Scrambled Tofu	Coconut curry vegetables	Moroccan red lentil soup	Pistachio energy bites
Day 3	Bread and Scrambled Tofu	Moroccan red lentil soup	Sesame tofu and vegetable bowl	Peanut butter crackers with celery
Day 4	Banana and chocolate porridge	Sesame tofu and vegetable bowl	Comfort bowl	Pistachio energy bites
Day 5	Banana and chocolate porridge	Comfort bowl	Potato-lentil soup with smoked tofu	Peanut butter crackers with celery
Day 6	Banana and chocolate porridge	Potato-lentil soup with smoked tofu	White bean and thyme quinoa	Pistachio energy bites
Day 7	Banana and chocolate porridge	White bean and thyme quinoa	Green bean salad and smoked tofu	Peanut butter crackers with celery

The Vegan Protein Diet

2-week Vegan Protein Diet Plan

Days	Breakfast	Lunch	Dinner	Snack	Breakfast	Lunch	Dinner	Snack
Day 1	Bread and Scrambled Tofu	Green bean Salad and smoked tofu	Coconut curry vegetable s	Peanut butter crackers with celery	Fudge banana and Bean Muffins	Easy fried rice with tofu	Polenta with tomatoes-braised beans	Chocolate -mint energy balls
Day 2	Bread and Scrambled Tofu	Coconut curry egetable	Moroccan red lentil soup	Pistachio energy bites	Fudge banana and Bean Muffins	Polenta with tomato-braised beans	Smashed Chickpea and Avocado Sandwich	Hummus, carrots, and Walnuts
Day 3	Bread and Scrambled Tofu	Moroccan red lentil soup	Sesame tofu and vegetable bowl	Peanut butter crackers with celery	Fudge banana and Bean Muffins	Smashed Chickpea and Avocado Sandwich	Homemad e Hummus Wrap	Chocolate -mint energy balls
Day 4	Banana and chocolate porridge	Sesame tofu and vegetable bowl	Comfort bowl	Pistachio energy bites	Coconut porridge	Homema de Hummus Wrap	Cauliflowe r soup	Hummus, carrots, and Walnuts

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Day 5	Banana and chocolate porridge	Comfort bowl	Potato- lentil soup with smoked tofu	Peanut butter crackers with celery	Coconut porridge	Cauliflow er soup	Quinoa lentil salad	Chocolate -mint energy balls
Day 6	Banana and chocolate porridge	Potato- lentil soup with smoked tofu	White bean and thyme quinoa	Pistachio energy bites	Oatmeal with grated apple	Quinoa lentil salad	Chard and Cashew Sauce	Hummus, carrots, and Walnuts
Day 7	Banana and chocolate porridge	White bean and thyme quinoa	Green bean salad and smoked tofu	Peanut butter crackers with celery	Oatmeal with grated apple	Chard and Cashew Sauce	Easy fried rice with Tofu	Chocolate -mint energy balls

CHAPTER 5

BEST VEGAN PROTEIN FOODS FOR WEIGHT MANAGEMENT & MUSCLE BUILDING



Photo Credits: Unsplash

Protein is the most vital nutrient necessary from your system for weight reduction. It results in boosting metabolism and reduces hunger, and change several weight-regulating hormones because of the high thermic effect. Additionally, it's deficiency leads to cravings and mindless eating especially midnight food cravings.

Protein not only assists in dropping the weight it also prevents muscle loss. While the meat-eaters do not have a difficulty in acquiring, the entire selection of amino acids inside, it's very steep for vegans to accomplish that, making it quite important for vegans to become completely alert to the selection of protein-rich dietary resources accessible to them.

The Vegan Protein Diet

The Trick to a nutritionally sound vegan diet is variety. A wholesome vegan diet includes fruits, vegetables, seeds, nuts, green vegetables, and legumes. A vegetarian diet is cholesterol free, and this gives rise to fat reduction, in turn, stimulates muscle develop. Although, Section of those weight-related advantages vegans experience can be explained by variable factors apart from the diet. These include healthy lifestyle options, such as physical activity, along with other health behaviors.

Below is a list of vegan protein foods that help stimulate weight loss:

Vegan protein Foods	Description
Chia Seeds	These seeds are packed with omega-3 fatty acids, and they help to suppress appetite by activating glucagon , a fat burning hormone.
Almonds	These are rich in healthy fats that contribute to significantly to weight loss. Chewing a handful of almonds frequently causes more significant release of fat by triggering hormones to curb hunger.
Lentils	Lentils are a considerable source of satiating fiber and protein. It contains 18 grams of protein per cup which helps to maintain lean mass.
Quinoa	This is a fantastic diet-friendly grain filled with hunger-fighting protein. It keeps the stomach full for more extended periods and prevents overeating.
Beans	Beans including black beans, navy beans, garbanzo beans, pinto beans, and soya beans are very low in

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	fats. Each tiny bean is packed with proteins and fibers whilst remaining extremely low in calories.
Broccoli	The high fiber and water content in broccoli add volume to the meals without adding empty calories.
Paneer or Cottage Cheese	Panner is super low in fats and calories and very high in protein content. It is rich in calcium, phosphorus, vitamin B12 and a host of other nutrients required for weight loss.
Spinach	Spinach has as much protein as a hard-boiled egg for half the calories. Steamed spinach helps retain vitamins, facilitates calcium absorption and wards off bloating.
Amaranth	It is a complete source of protein that keeps you fuller for longer and also prevents overeating.
Chickpeas(Chana)	Chana comes under the category of legumes but very high in protein content.

People who have never attempted to try a vegan diet will always be quick to tell you that you can't get enough protein to be healthy as a vegan. The truth is, you can get plenty of protein, and you can do it without the harmful saturated fats, toxins, and calories that you get from red meat sources. With nuts, beans, greens, and seeds you can get more protein than you could possibly need without weighing your body down with trans fats and toxins.

CHAPTER 6

HIGH-PROTEIN VEGAN RECOVERY DIETS FOR WORKOUTS



Photo Credits: Unsplash

Exercises in many Cases does affect the muscular tissue. The advantages of exercising shows up after your work out, specifically throughout the recovery period, due to how your body rebuilds better and stronger than before. If you are a hard-working vegan, then it is Vital to get enough protein throughout your post-workout meal to Make Certain That your body gets the Ideal amount of raw material to get muscle-build-up.

Your post-workout snack or meal ought to be made to get your body the building blocks it requires a quick recovery without restarting the digestive tract or overeating. By eating foods that are simple in the proper ratios, you allow your body concentrate on rebuilding instead of

The Vegan Protein Diet

digestion. This usually means you are going to bounce back quicker from demanding workouts, which can be a vital element in building strength and muscle retention.

Improper refueling means leaving the entire body in a stressed condition. Anxiety creates high levels of cortisol in the human body, a hormone which causes you to keep fat and utilize muscle for fuel, which is the reverse of what you would like from the workouts.

Post-Workout Snack

Triathlete Brendan Brazier, an expert on vegan nutrition in actual training, reports that the first 45 minutes following a challenging exercise are crucial in healing. This isn't, however, if you wish to load up in your protein. Digestion is frequently somewhat sluggish now, and nourishment slows it more. This means that the body moves without urgently needed carbs for more than it ought to. Brazier urges no more than 25% of your post-workout bite include protein, which you prevent too much fat or fiber too. For vegans, this could be some fruit using a very small little nut butter or even a sports beverage. A plain white baked potato, green beans cooked or cooked carrots would also do the job. Add a little salt for taste and electrolytes.

Workout Meal

Your next meal, eaten an hour or so following your exercise, is the best time to load up on protein. Your own body has replenished its fuel together with the carbohydrates out of your bite and is currently prepared to rebuild. Annette Larson, a dietician with the Vegetarian Resource Group, recommends complex carbohydrates with this meal since your body requires both carbohydrates and protein to reconstruct. You could have a large bowl of bean soup using a veggie-packed salad, grilled broccoli with a roasted sweet potato and broccoli, bean chili on a baked potato or a mock-duck stir-fry with loads of veggies and a few rice. If you are not really

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hungry, a smoothie of fruit, soy milk and a couple of spoonful's of ground hemp seed or vegan protein powder is easy to consume and provides the ideal balance of carbs and protein.

If you are training Hard, keep to refuel with snacks that combine protein and carbohydrates every couple of hours. These snacks can consist of raw veggies with hummus or a tiny black bean burrito with broccoli and cauliflower. The high quality your meals, the greater and quicker your recovery, so try to stick to whole, unprocessed foods like fruits and vegetables, whole grains and legumes. Drink loads of water, fruit juice or sports drinks to rehydrate.

CHAPTER 7

MISTAKES TO AVOID ON A VEGAN PROTEIN DIET



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A balanced vegan Protein diet may offer many health benefits. These diets are related to weight reduction, better blood glucose control, and also a decreased risk of cardiovascular disease and a reduced risk of certain kinds of cancer. On the other hand, it can be difficult to keep up a well-balanced vegetarian diet that provides all of the nutrients you want. Find below the most frequent mistakes people make on a vegetarian or vegan diet, and how to prevent them.

1. Constantly going with the premise that Vegan or Vegetarian Products Are Healthier

Unfortunately, just because a food item is labeled “vegetarian” or “vegan” does not necessarily mean it is healthier than the normal alternate. For instance, vanilla Milk is preferred, plant-based milk that is frequently a staple in vegan diets. But while almond Milk is low in carbs and enriched with different essential minerals and vitamins, it isn't always healthier than cow's milk.

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Many foods advertised as Vegetarian or vegan tend to be highly processed, high in added sugar lacking in nutrition. Should you add these products in your diet, eat them in moderation. While these products May facilitate your transition into a vegetarian or vegan diet, it is ideal to eat them with a diet rich in healthy, whole foods.

2. Deficiency in Vitamin B12

Vitamin B12 plays several crucial functions in the human body. It is essential in the creation of red blood cells and DNA, among other procedures. Regrettably, the Main sources of vitamin B12 are animal products, including poultry, meat, shellfish, eggs, and dairy products. Because of This, Vegetarians have a heightened risk of vitamin B12 deficiency. Vegans should Track their vitamin B12 intake carefully and think about taking supplements when their demands are not met through diet alone.

3. Replacing Meat with Cheese

Among the easiest ways to make almost any dish vegetarian would be to take the meat out and then substitute it with cheese. But while cheese does contain the ideal quantity of vitamins, protein, and minerals, so it does not replace the huge range of nutrients found in meat. Cheese also contains less protein and much more calories.

Rather than only Substituting meat, you need to incorporate many different plant foods in your daily diet to satisfy your nutritional supplement requirements. Chickpeas, quinoa, Tempeh, lentils, legumes, and nuts are excellent alternatives to help round out a vegetarian diet plan.

4. Eating Too Few Calories

Many foods and meals Groups are off-limits for vegans and vegetarians, which may make it hard for them to meet their caloric requirements. Vegans and vegetarians tend to consume fewer calories than those who eat both plants and meat.

Calories are the Principal supply of energy to your body, and your body requires a certain sum to operate. Restricting calories too much may result in a number of negative side effects, such as nutritional deficiencies, exhaustion, and a slower metabolic rate. If you are after these diets, then be sure that you're fulfilling your calorie requirements.

5. Not Drinking Enough Water

Drinking sufficient water is crucial for everybody, but perhaps especially crucial for people who eat a good deal of fiber, such as vegetarians and vegans. Vegans tend to have a greater fiber consumption, because fiber-rich beans, vegetables, and whole grains are principles within a healthy vegetarian diet. Drinking sufficient water may help prevent digestive difficulties related to increased fiber consumption, such as gas, constipation and bloating.

6. Truth about Iron

Plant sources of iron Include non-heme iron, which your body can not absorb as fast. Non-heme iron is found in various kinds of vegetables, fruits, cereals, and legumes. As a Result of This, Vegans have a greater chance of creating iron-deficiency anemia, a condition where there aren't enough red blood cells within the body. Symptoms include tiredness, shortness of breath and nausea.

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If you are a vegetarian Or vegan, be certain you eat lots of great sources of iron, such as legumes, legumes, fortified cereals, seeds, nuts, oats, and leafy greens. Furthermore, pairing Spicy foods with meals high in vitamin C can boost the absorption of non-home iron.

7. Ignoring Whole Foods in your diet

Utilize your own vegan diet as a chance to lower your intake of processed foods and boost your consumption of nutrient-dense, whole foods, like fruits, vegetables, and whole grains. Eating whole foods Instead of processed foods can provide you additional advantages too, such as enhanced metabolism. Vegan diets should be abundant in whole foods, like fruits, vegetables, and whole grains. They will help you optimize nutrient consumption and encourage a more balanced diet.

8. Having a Low Calcium Diet

Though calcium is located in many different foods, the very famous supply of calcium is dairy products. People who don't eat Milk should track their calcium consumption and contain other high-calcium foods in their daily diet.

Calcium-rich plant Foods include spinach, collard greens, broccoli, book Choy, almonds, figs, and oranges. Fortified foods may also be a great source of calcium. You can get all the Calcium you need by integrating a couple of servings of those foods to your meals and snacks through the day.

9. Underestimating the Significance of Meal Planning

Whether you are cooking in the home or dining out, eating vegan or vegetarian requires some excess planning. Meal plans are particularly beneficial when you're now altering your diet to be

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vegan or vegetarian. When you are eating out or travel, innovative meal preparation becomes particularly significant.

Furthermore, make it a Habit to come across a few vegetarian meals per week and then cook them all on your own. Planning meals before Time and understanding exactly what your options are if dining outside will make certain you keep a varied and balanced diet.

10. Not having Enough Protein-Rich Foods

If you are adhering to a vegetarian diet, you might have to generate a more conscious attempt to consume high-protein foods which can allow you to fulfill your protein needs. There are Lots of Plant foods which contain a quantity of protein in contrast to the volume you'd see in meat.

Beans, nuts, lentils, Nut jars of butter, tofu, and tempeh can increase your everyday protein intake. Try to incorporate in least one or 2 of those meals into every meal to be certain that you're getting enough nourishment. Vegetarians should be Mindful of protein consumption and include a couple of portions of high-protein plant foods with every meal.

11. Ignoring Omega-3 Fatty Acids

To fulfill your omega-3 requires while adhering to a vegetarian diet, eat the ideal number of ALA-rich meals or think about taking a healthier omega-3 supplement such as algal oil. Foods highest in ALA Omega-3 fatty acids comprise chia seeds, seeds, hemp seed, and flaxseeds, Brussels sprouts, and perils oil.

12. Diet full of Elegant Carbs

To maximize the Nutrients in your diet plan, turn out refined grains such as white bread, pasta and white rice for whole grains like quinoa, oats, brown rice and buckwheat.

Furthermore, make sure you are pairing these whole grains with lots of whole vegetables, fruits, and legumes to maintain your diet balanced and healthy. Rather than replacing Meat with a great deal of refined carbohydrates, vegetarians should eat whole grains as part of a wholesome diet.

Conclusion: A balanced vegan or Vegetarian diet can be quite healthy and nutritious. However, these diets May also result in nutrient deficiencies and possible health issues if they are not well-planned. To achieve a healthful Vegetarian or vegan diet, eat lots of whole foods and be sure that you're regularly consuming a couple of essential nutrients.

PART II

30 Easy

High Protein Vegan Recipes



Chapter 1: Soups

1. Broccoli And Almond Puree
2. Moroccan Chickpea And Sambusac Broth
3. German Red Lentil Suppe
4. Scottish Vegan Broth
5. Spring Vegetable And Tofu Mandarin Soup
6. Sweet Potato And Spinach
7. Vicchissoise
8. Noodle Seitan Soup
9. Corn Cabbage Chowder
10. Ministrone
11. Mulligatawny

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Broccoli And Almond Puree Soup

	Ingredients:	
1	Broccoli florets	3 cups
2	Table margarine	2 tablespoon
3	Onion	Half
4	Garlic	4 cloves
5	Leeks	2 inch
6	Thyme	A sprig
7	Black pepper crushed	To taste
8	Celery	2"inch
9	Almonds peeled	½ cup
10	Flour	
11	Veg broth	

Directions

1. Roughly Chop Onion, Leeks, Celery, Garlic, Thyme And Almonds
2. Sauté The Vegetables In Margarine Till Soft Without Colouring
3. Sprinkle A Table Spoon Of Flour And Mix Evenly
4. Cook For A Minute
5. Add 4 Cups Of Broth And Stir In .
6. Bring To A Boil And Addthe Broccoli
7. Simmer Uncovered For 5-7 Minutes
8. Blend In The Saucepan With The Help Of A Stick Blender Make Sure The Almond Is Evenly Ground .
9. Season With Salt And Freshly Ground Pepper .
10. Adjust Consistency With Broth If Needed.
11. Serve Hot With Croutons .

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Moroccan Chickpea And Sambusac Broth

	Ingredients	
1	Chickpeas	1 cups
2	Table margarine	2 tablespoon
3	Onion	Half
4	Garlic	4 cloves
5	Leeks	2 inch
6	Thyme	A sprig
7	Black pepper crushed	To taste
8	Celery	2"inch
9	Cilantro	½ cup
10	Cous cous	½ cup
11	Veg broth	4 cups
12	Sambusac powder	2 tablespoons

Directions

1. Soak chickpeas overnight in 3 times water
2. Roughly chop Onion ,leeks, celery, thyme, & garlic
3. Sauté the vegetables in margarine till soft without colouring
4. Cook for a minute
5. Add 4 cups of broth and stir in .
6. Bring to a boil and add the chickpeas
7. Simmer covered for 70-90 minutes
8. Remove 1/2cup of cookes chickpeas
9. Blend in the saucepan with the help of a stick blender make sure the Chickpea is evenly ground .
10. Add seasoning and chickpeas
11. Finish with sambusac,whole boiled chickpeas and cilantro
12. Rest for 10 minutes
13. Serve hot .

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German Red Lentil Suppe

	Ingredients	
1	Red Lentils	3 Cups
2	Table Margarine	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Potato Peeled	½ Cup
11	Veg Broth	4 Cups
11	Caraway	1 Teaspoon
12	Parsley	A Sprig
13	Carrots	2" Inch

Directions

1. Roughly chop Onion ,leeks, celery, garlic, thyme
2. Add the caraway to the hot margarine followed by the vegetables And lentils
3. Sauté the vegetables in margarine till soft without colouring
4. Add sliced potatoes
5. Cook for a minute
6. Add 4 cups of broth and stir in .
7. Bring to a boil
8. Simmer covered for 35 minutes
9. Blend in the saucepan with the help of a stick blender make sure the lentil is evenly ground .
10. Season with salt and freshly ground pepper .
11. Adjust consistency with broth if needed.
12. Serve hot with chopped parsley .

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Scottish Vegan Broth

	Ingredients	
1	Lima Beans	1/2 Cup
2	Table Margarine	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Potato Peeled	½ Cup
11	Veg Broth	4 Cups
11	Turnip	1/2 Cup
12	Parsley	A Sprig
13	Carrots	2" Inch
14	Barley	½ Cup

Directions

1. Cut small cubes of Onion ,leeks, celery, garlic, Carrots, Turnip & a sprig of thyme
2. Sauté the vegetables in margarine till soft without colouring
3. Add Diced potatoes and the soaked beans & Barley.
4. Cook for a minute
5. Add 4 cups of broth and stir in .
6. Bring to a boil
7. Simmer uncovered for 25 minutes
8. Till the barley and beans are cooked
9. Season with salt and freshly ground pepper .
10. Adjust consistency with broth if needed.
11. Serve hot with chopped parsley .

The Vegan Protein Diet

Spring Vegetable And Tofu Mandarin Soup

	Ingredients:	
1	French Beans	1/2 Cup
2	Sesame Oil	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Ginger	A Slice
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Green Onions Chopped	½ Cup
11	Veg Broth	4 Cups
11	Cabbage	1/2 Cup
12	Cilantro	A Sprig
13	Carrots	2" Inch
14	Tofu Cubed	½ Cup
15	Vegan Shitake Sauce	¼ Cup
16	Corn Flour	2 Tablespoons

Directions

1. Cut slices of beans, Onion ,leeks, celery, garlic, Carrots, Ginger & cabbage
2. Stir fry ginger garlic in oil till soft without colouring
3. Add slices of beans, Onion ,leeks, celery, Carrots & cabbage .
4. Cook for a minute
5. Add 4 cups of broth and stir in .
6. Bring to a boil
7. Simmer uncovered for 5 minutes
8. Add the shitake sauce
9. Season with salt and freshly ground pepper and check seasoning
10. Adjust consistency by adding a slurry of cornstarch and cold water in equal proportion.
11. Serve hot with chopped cilantro ,onion greens and tofu .

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Sweet Potato And Spinach

	Ingredients	
1	Sweet Potato Peeled And Cut	1 Cup
2	Table Margarine	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Spinach Chopped	2 Cups
10	Flour	1 Table Spoon
11	Veg Broth	

Directions

1. Roughly Chop Onion ,Leeks, Celery, Garlic, Thyme & Spinach
2. Sauté The Vegetables In Margarine Till Soft Without Colouring
3. Sprinkle A Table Spoon Of Flour And Mix Evenly
4. Cook For A Minute
5. Add 4 Cups Of Broth And Stir In .
6. Bring To A Boil And Add The Sweet Potato
7. Simmer Uncovered For 20 Minutes
8. Blend In The Saucepan With The Help Of A Stick Blender Make Sure The Soup Is Evenly Ground .
9. Season With Salt And Freshly Ground Pepper .
10. Adjust Consistency With Broth If Needed.
11. Serve Hot With Croutons Coconut Cream.

The Vegan Protein Diet

Vicchissoise

	Ingredients	
1	Potato Peeled And Cut	1 Cup
2	Table Margarine	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks Chopped	2 Cups
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Flour	1 Table Spoon
10	Veg Broth	4 Cups
11	Coconut Cream	½ Cup

Directions

1. Roughly chop Onion ,leeks, celery, garlic, thyme & Potato
2. Sauté the vegetables in margarine till soft without colouring
3. Sprinkle a table spoon of flour and mix evenly
4. Cook for a minute
5. Add 4 cups of broth and stir in .
6. Bring to a boil and Simmer
7. Simmer uncovered for 20 minutes
8. Blend in the saucepan with the help of a stick blender make sure the Soup is evenly ground .
9. Season with salt and freshly ground pepper .
10. Adjust consistency with broth if needed.
11. Serve hot with croutons and Coconut cream.

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Noodle Seitan Soup

	Ingredients	
1	Noodles	1/2 cup
2	Sesame oil	2 tablespoon
3	Onion chopped	1 Table spoon
4	Garlic chopped	1 Table spoon
5	Leeks	2 inch
6	Ginger	1 Table spoon
7	Black pepper crushed	To taste
8	Celery	2"inch
9	Green onions chopped	½ cup
11	Vegan broth	4 cups
11	Cabbage	1/2 cup
12	Cilantro	A Sprig
13	Carrots Sliced	2"inch
14	Saitan Sliced	½ cup
15	Dark soy	¼ tablespoon

Directions

1. Finely Chop Onion , Garlic, Ginger Cilantro & Onion Greens
2. Stir Fry Ginger Garlic & Onion In Oil Till Soft Without Colouring
3. Add Slices Of Beans, Onion ,Leeks, Celery, Carrots, Leeks, Cabbage Celery, Carrots & Cabbage .
4. Cook For A Minute
5. Add 4 Cups Of Broth And Stir In .
6. Bring To A Boil
7. Add Noodles
8. Simmer Uncovered For 14 Minutes
9. Add The Soy Sauce
10. Season With Salt And Freshly Ground Pepper And Check Seasoning
11. Serve Hot With Chopped Cilantro & Onion Greens.

The Vegan Protein Diet

Corn Cabbage Chowder

	Ingredients:	
1	Potato Peeled And Cut	1/2 Cup
2	Table Margarine	2 Tablespoon
3	Onion Chopped	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Cabbage	2 Cups
10	Flour	1 Table Spoon
11	Veg Broth	3 Cups
12	Coconut Cream	1 Cup
13	American Corn	1 Cup

Directions

1. Roughly Cube Onion ,Leeks, Celery, Garlic, Thyme & Cabbage And Potatoes
2. Sauté The Vegetables In Margarine Till Soft Without Colouring
3. Sprinkle A Table Spoon Of Flour And Mix Evenly
4. Cook For A Minute
5. Add 3 Cups Of Broth And Stir In .
6. Chop The Corn Roughly
7. Bring To A Boil And Add The Corn
8. Simmer Uncovered For 20 Minutes
9. Roughly Blend In The Saucepan With The Help Of Ladle. Make Sure The Soup Is Of Thick Consistency .
10. Season With Salt And Freshly Ground Pepper .
11. Adjust Consistency With Broth If Needed.
12. Finish By Stirring In The Cream
13. Serve Hot With Chopped Parsley

The Vegan Protein Diet

Ministrone

	Ingredients:	
1	Lima Beans	1/2 Cup
2	Olive Oil	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Zucchini Chopped	½ Cup
11	Veg Broth	3 Cups
11	Turnip	1/2 Cup
12	Parsley	A Sprig
13	Carrots	2" Inch
14	Soaked Porcini	½ Cup
15	Tomato Puree	1 Cup
16	Macaroni	1/3 Cup

Directions

1. Cut Small Cubes Of Onion ,Leeks, Celery, Garlic, Carrots, Turnip ,Zucchini ,Porcini & A Sprig Of Thyme
2. Sauté The Vegetables In Olive Oil Soft Without Colouring
3. Add The Soaked Beans .
4. Cook For A Minute
5. Add The Tomato Puree And Cook for Another 5 Minutes On Low Heat.
6. Add 4 Cups Of Broth And Stir In .
7. Bring To A Boil
8. Add The Pasta And Cook For Another 20 Minutes
9. Simmer Uncovered For 5 Minutes
10. Season With Salt And Freshly Ground Pepper .
11. Adjust Consistency With Broth If Needed.
12. Finish With Chopped Parsley .

The Vegan Protein Diet

Mulligatawny Soup

	Ingredients:	
1	Rice basmati broken	1/3 cup
2	Table margarine	2 tablespoon
3	Onion	Half
4	Garlic	4 cloves
5	Leeks Chopped	2 Cups
6	Thyme	A sprig
7	Black pepper crushed	To taste
8	Celery	2"inch
9	Red lentils	1 Table spoon
10	Veg broth	4 cups
11	Coconut cream	½ cup
12	Apples cored , peeled and chopped	1 cup
13	Curry powder	2Tablespoons
14	Lemon	A wedge
15	Coconut cream	½ cup
16	Cilantro	A sprig

Directions

1. Roughly Chop Onion ,Leeks, Celery, Garlic, Thyme & Apple
2. Soak The Rice And Lentils
3. Sauté The Vegetables In Margarine Till Soft Without Colouring
4. Sprinkle Curry Powder
5. Cook For A Minute
6. Add 4 Cups Of Broth And Stir In Rice And Lentils.
7. Bring To A Boil And Simmer
8. Simmer Uncovered For 20 Minutes
9. Blend In The Saucepan With The Help Of A Stick Blender Make Sure The Soup Is Evenly Ground .
10. Season With Salt And Freshly Ground Pepper .
11. Adjust Consistency With Broth If Needed.
12. Finish With Coconut Cream.
13. Garnish With Chopped Cilantro And Serve With A Lemon Wedge .

Chapter 2: Salads

1. Corn And Pea
2. Cherry Tomato With Basil Dressing
3. Orange Beets And Greens With Sesame Dressing
4. Farfelle Baby Spinach And Cherry Tomato
5. Aragula And Pecan
6. Cous Cous Tabbouleh

The Vegan Protein Diet

Corn and Pea Salad

Ingredients: For The Salad		
1	Corn	1 ½ Cup
2	Peas	1 ½ Cup
3	Onion	Half
4	Carrots	Cup
For The Dressing		
1	Mayonnaise Vegan	2 Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	2 Cloves
4	Sweet Onion Sauce	2 Table Spoon
5	Cajun Spice	1 Teaspoon
6	Maple Syrup	1 Tablespoon
7	Parsley	A Sprig

Directions

1. Roughly Chop Onion And Carrots
2. Boil In Salted Water Peas Corn And Carrots Uncovered For 7 Minutes
3. Refresh In Cold Water To Arrest Cooking
4. Cook For A Minute Keep Aside In A Salad Bowl.
5. Crush Garlic With A Garlic Press Or A Mallet .
6. Mix Into Mayonnaise Add Black Pepper Sweet Onion Maple & Cajun Seasoning
7. Mix In Chopped Onion
8. Toss Into The Boiled Vegetables .
9. Garnish With Chopped Parsley.

The Vegan Protein Diet

Cherry Tomato With Basil Dressing

Ingredients:		
For The Salad		
1	Cherry Tomatoes	2 Cup
2	California Grapes	1 Cup
4	Tofu Cubed	1 Cup
For The Dressing		
1	Olive Oil	½ Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	8 Cloves
4	Pine Nuts	2 Table Spoon
5	Fresh Basil	1 Cup
6	Maple Syrup	1 Teaspoon
7	Balsamic Vinegar	2 Table Spoons

Directions

1. Cut Tomatoes And Grapes Into Halves ,Cut Tofu Into Cubes
2. Keep Aside In A Salad Bowl.
3. Crush Garlic With A Garlic Press Or A Mallet .
4. Mix Into Olive Oil Add Black Pepper, Add Maple, Basil, Pine Nut & Balsamic
5. Blend In A Mixer Season As Required .
6. Toss Into The Bowl .
7. Garnish With Shredded Basil.

The Vegan Protein Diet

Orange Beets And Greens With Sesame Dressing

Ingredients:		
For The Salad		
1	Aragula	1 Cup
2	Beetroot Cubed	1 Cup
3	Orange Segements	1 ½ Cup
4	Cos	1cup
For The Dressing		
1	Sesame Oil	2 Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	2 Cloves
4	Sugar	2 Table Spoon
5	Sesame Crushed	1 Tablespoon
6	Orange Zest	1 Tablespoon
7	Red Wine Vinegar	3 Tablespoon

Directions

1. Boil Beetroot In Salted Water Covered For 15 Minutes
2. Refresh In Cold Water To Arrest Cooking
3. Peel And Cut Cubes
4. Peel An Orange And Draw Segments Of It
5. Wash And Roughly Cut The Arugula And Romaine Lettuce.
6. Crush Garlic With A Garlic Press Or A Mallet .
7. Toast The Sesame Seeds And Pound With A Mallet To Crush Roughly
8. Mix Into Sesame Oil Add Black Pepper Sugar Red Wine Vinegar Orange Zest And Half The Toasted And Crushed Sesame.
9. Mix The Dressing And Salad Into Mixing Bowl Season As Per Taste
10. Garnish With Rest Of The Sesame

The Vegan Protein Diet

Farfelle Baby Spinach And Cherry Tomato

Ingredients: For The Salad		
1	Cherry Tomatoes	1 Cup
2	Farfelle Pasta	1 Cup
4	Baby Spicach	1 ½ Cup
For The Dressing		
1	Olive Oil	3Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	3 Cloves
4	Lemon Zest	1 Teaspoon
5	Fresh Basil	Few Leaves
6	Maple Syrup	1 Teaspoon
7	Lemon Juice	1Table Spoons

Directions

1. Cut Tomatoes Into Halves ,Cut Spinach Roughly.
2. Keep Aside In A Salad Bowl.
3. Boil Farfelle In Salted Water For 8 Minutes Strain And Drizzle A Spoon Of Olive Oil .
4. Crush Garlic With A Garlic Press Or A Mallet .
5. Cut Basil Into Strips
6. Mix Into Olive Oil Add Black Pepper Add Maple, Basil, Zest & Lemon Juice To Form A Vinaigrette .
7. Season As Required .
8. Toss Into The Bowl .
9. Garnish With Shredded Basil.

The Vegan Protein Diet

Aragula And Pecan

Ingredients: For The Salad		
1	Aragula	1 ½ Cup
2	Butterhead Lettuce	1 ½ Cup
3	Pecan Nuts Roasted	1 Cup
4	Cos	1cup
For The Dressing		
1	Almond Oil	2 Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	2 Cloves
4	Sugar	2 Table Spoon
5	Pecan Roasted And Crushed	1 Tablespoon
6	Orange Zest	1 Tablespoon
7	Fresh Orange Juice	3 Tablespoon

Directions

1. Roast Pecans In An Oven For 5-7 Minutes At 250.
2. Keep Them Aside To Cool
3. Wash And Roughly Cut The Lettuce
4. Keep Aside In A Bowl
5. Peel An Orange And Juice It
6. Crush Garlic With A Garlic Press Or A Mallet .
7. Pound Pecan Nuts With A Mallet To Crush Roughly
8. Mix Half Of Pecans Into Almond Oil Add Black Pepper Sugar Orange Juice Zest
9. Mix The Dressing And Salad Into Mixing Bowl Toss And Season As Per Taste
10. Garnish With Rest Of The Pecan

The Vegan Protein Diet

Cous Cous Tabbouleh

Ingredients:		
For The Salad		
1	Cous Cous Steamed	1 ½ Cup
2	Flat Leaf Parsley	½ Cup
3	Cilantro	½ Cup
4	Lebanese Cucumber Chopped	1cup
5	Tomatoes	½ Cup
6	Red Onion	½ Cup
7	Cilantro	½ Cup
For The Dressing		
1	Olive Oil	4 Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	2 Cloves
7	Fresh Lemon Juice	3 Tablespoon

Directions

1. Steam Cous Cous In A Colander Above Salted Water Covered For 15 Minutes
2. Peel An Orange And Draw Segments Of It
3. Wash And Chop Finely Onion ,Tomatoes Cucumber Herbs .
4. Shift Into A Mixing Bowl And Hold
5. Crush Garlic With A Garlic Press Or A Mallet .
6. Mix Into Olive Oil Add Black Pepper Lemon Juice
7. Mix The Dressing And Salad Into Mixing Bowl Season As Per Taste
8. Serve Fresh

Chapter 3: Main course

1. Soya Granules Bolognaise
2. Bread Terrine
3. Zucchini Dolma With Couscous
4. Chickpea And Black Gram Pilaff
5. Lentil Sauce With Rye /Whole Wheat Penne
6. Bean Mincemeat Balls In Arabiata
7. Mushroom Wellington
8. Seitan And Broccoli Stir Fry
9. Morrocccon Seitan
10. Tabbouleh Tofu And Hummus Rolls
11. Ratatouille With Spaghetti
12. British Hot Pot
13. Black Dragon Rice & Mushroom Risotto

The Vegan Protein Diet

Soya Granules Bolognaise

	Ingredients:	
1	Tomatoes	3
2	Garlic	4 Cloves
3	Leeks chopped	1 Teaspoon
4	Onion chopped	1teaspoon
5	Carrot chopped	1 Teaspoon
6	Salt	To Taste
7	Bayleaf	1
8	Crushed pepper	1/4 Teaspoon
9	Basil	5leaves
10	Olliveoil	1spoon
11	Soya granules	2 Cup
12	onion	1 Small

Directions

1. Chop All The Vegetables Finely ,In A Processor
2. Soak The Soya Granules In Warm Water
3. Heat Oil In A Pan
4. Add Chopped Onion Garlic ,Leeks And Carrots
5. Sauté For A Minute
6. Season With Salt And Pepper
7. Add Chopped Tomatoes
8. Turn The Heat To Slow And Cook Covered For 30 Minutes,
9. Till It Is Thick And Mushy,Else Cook On Low For Another 10 Minutes.
10. Finish With Torn Basil Leaves And Add Chilli Flakes
11. Strain The Soya Granules In A Strainer.
12. Add Soya Granules And Cook For Another Minute
13. Check Seasoning And Consistency

The Vegan Protein Diet

Bread Terrine

	Ingredients	
1	Olive Oil	½ Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	8 Cloves
4	Pine Nuts	2 Table Spoon
5	Fresh Basil	1 Cup
6	Maple Syrup	1 Teaspoon
7	Balsamic Vinegar	2 Table Spoons
8	A Foot Long Bread	1
9	Zucchini	1 small
10	Red Bell Pepper	2
11	Yellow Bell Pepper	2

Directions

1. Slice Zucchini Thinly And Cut Four Sides Of Pepper Each
2. Keep Aside In A Bowl, Season Them. Mix In Olive Oil Add Black Pepper
3. Grill Them On High Heat In A Pan Till They Get Seared
4. Crush Garlic With A Garlic Press Or A Mallet .
5. Mix Into Olive Oil Add Black Pepper Add Maple, Basil, Pine Nut & Balsamic
6. Blend In A Mixer Season As Required .
7. Toss Into The Bowl With The Seared Vegetables. Cut The Top Of The The Bread
8. With The Help Of The Spoon Hollow Out The Inside To The Crust As Thin As Is Possible
9. Layer With Zucchini, Then With Red Bell Pepper, Then With Yellow Bell Pepper Til The Bread Is Fully Stuffed .
10. Replace The Top .
11. Roll Firmly Tightening It Up In An Aluminium Foil.
12. Bake For 30 Mins At 300
13. Remove From Oven Cool And Refrigerate For 2 Hours
14. Remove The Foil Place On A Chopping Board And Slice Into 1 Inch Thick Slices .
15. Serve With Olive Oil And Balsamic

The Vegan Protein Diet

Zucchini Dolma With Cous cous

	Ingredients:	
1	Olive Oil	½ Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	8 Cloves
4	Zucchini	1small
5	Red Bell Pepper	1
6	Yellow Bell Pepper	1
7	Cous Cous Steamed	1 ½ Cup
8	Flat Leaf Parsley	½ Cup
9	Cilantro	½ Cup
10	Lebanese Cucumber Chopped	1cup
11	Tomatoes	½ Cup
12	Red Onion	½ Cup
14	Dried Apricots Chopped	4 Tablespoons
15	Dried Figs Chopped	To Taste
16	Chopped Pistachios	2 Cloves
17	Fresh Lemon Juice	3 Tablespoon

Directions

1. Cut Zucchini Zucchini Into 2 Pieces From The Center With The Help Of A Corer Hollow From Inside . Keep Aside In A Bowl, Season Them
2. Wash And Chop Finely Onion ,Tomatoes Cucumber Herbs And Dry Fruits
3. Shift Into A Mixing Bowl And Hold Add Raw Cous Cous
4. Crush Garlic With A Garlic Press Or A Mallet .
5. Mix Into Olive Oil Add Black Pepper Lemon Juice
6. Mix The Dressing And Salad Into Mixing Bowl Season As Per Taste
7. Sear The Hollow Zucchini With A Spoon Of Oil On High Heat Just To Colour
8. Stuff The Cous Cous Salad Into The Zucchini
9. Roll Firmly Tightening It Up In An Aluminium Foil.
10. Bake For 30 Mins At 300
11. Uncover And Serve Hot With Olive Oil And Lemon Wedges

The Vegan Protein Diet

Chickpea And Black Gram Pilaff

Ingredients:		
1	Olive Oil	4 Tablespoons
2	Black Pepper Crushed	To Taste
3	Garlic	8 Cloves
4	Chickpeas Pre Cooked	2 Table Spoon
5	Black Gram Pre Cooked	1 Cup
6	Celery	1 Teaspoon
7	Leeks	2 Table Spoons
8	Carrot	1 Small
9	Zucchini	1small
10	Red Bell Pepper	1small
11	Yellow Bell Pepper	1small
11	Veg Broth	3 Cups
12	Thyme	A Sprig
13	Parsley	A Sprig

Directions

1. Strain The Black Gram And Chick Peas
2. Pre-Soak Rice 15 Mins Prior To Cooking
3. Cut All The Vegetables In Cubes
4. Heat Oil In A Large Sauce Pan
5. Boil The Gram And Chick Peas In A Salted Wa
6. Add All The Vegetables And Herbs Sauté For A While .
7. Strain The Rice Thoroughly And Add To The Vegetables
8. Add The Broth Check For Seasoning ,Add The Chickpea And Black Gram
9. Bring To Boil Stirring Continuously
10. Cover With Tight Fitting Lid And Put On Lowest Of Heat Settings
11. Let Cook For 15 Minutes
12. Rest For Another 10 Without Opening
13. Mix With A Flat Spoon Till The Rice Fluffs Up .
14. Garnish With Chopped Parsley

The Vegan Protein Diet

Lentil Sauce With Rye /Whole Wheat Penne

	Ingredients:	
1	Tomatoes	3
2	Garlic	4 Cloves
3	Leeks Chopped	1 Teaspoon
4	Onion Chopped	1 Teaspoon
5	Carrot Chopped	1 Teaspoon
6	Salt	To Taste
7	Bayleaf	1
8	Crushed Pepper	1/4 Teaspoon
9	Basil	5leaves
10	Olliveoil	1spoon
11	Lentils	2 Cup
12	Onion	1 Small
13	Mushrooms	½ Cup
14	Zucchini	½ Cup

Directions

1. Chop All The Vegetables Finely ,In A Processor
2. Soak The Lentils In Warm Water
3. Heat Oil In A Pan
4. Add Chopped Onion Garlic ,Leeks And Carrots Mushroom And Zucchini
5. Season With Salt And Pepper
6. Sauté Till Water Evaporates On Medium Heat Without Caramelizing
7. Add Chopped Tomatoes
8. Turn The Heat To Slow And Cook Covered For 30 Minutes, Till It Is Thick And Mushy,
9. Finish With Torn Basil Leaves And Add Chilli Flakes
10. Strain The Lentils In A Strainer.
11. Add Lentils And Cook For Another 45 Minutes
12. Add Some Water If Required To A Very Thick Stage
13. Check Seasoning And Consistency
14. Serve Hot With Boiled Rye Pasta.

The Vegan Protein Diet

Bean Mincemeat Balls In Arabiata

Ingredients: For The Sauce		
1	Tomatoes	5 Large
2	Garlic	4 Cloves
3	Leeks Chopped	1 Teaspoon
4	Onion Chopped	1 Teaspoon
5	Carrot Chopped	1 Teaspoon
6	Salt	To Taste
7	Bayleaf	1
8	Crushed Pepper	1/4 Teaspoon
9	Basil	5leaves
10	Olliveoil	3 Tablespoons
11	Black Eye Beans Pre Soaked	2 Cup
12	Onion	1 Small
13	Chilli Flakes	1 Teaspoon
14	Baking Powder	1 Teaspoon

Directions

1. Chop All The Vegetables Finely ,In A Processor
2. Soak Thebeans In Warm Water For 5 Hours
3. Grind The Pre Soaked Beans Coarsely In A Processor Along With Some Onion Leeks Garlic Garlic, Crushed Black Pepper And Salt .
4. Rest The Mixture For 5 Minutes
5. Add A Teaspoon Of Baking Powder
6. Shape Into Balls And Deep Fry In Fryer
7. Keep Aside On Kitchen Towels
8. Heat Oil In A Pan. Add Chopped Onion Garlic ,Leeks And Carrots
9. Season With Salt And Pepper
10. Sauté Till Water Evaporates On Medium Heat Without Caramelizing
11. Add Chopped Tomatoes
12. Turn The Heat To Slow And Cook Covered For 30 Minutes, Till It Is Thick And Mushy
13. Finish With Torn Basil Leaves And Add Chilli Flakes
14. Add The Bean Balls Into The Sauce Coat The Balls With Sauce

The Vegan Protein Diet

Mushroom Wellington

Ingredients: For The Sauce		
1	Mushrooms	400 Gms
2	Garlic	8 Cloves
3	Leeks Chopped	1 Teaspoon
4	Onion Chopped	1 teaspoon
5	Carrot Chopped	1 Teaspoon
6	Salt	To Taste
7	Coconut Cream	½ Cup
8	Crushed Pepper	1/4 Teaspoon
9	Basil	5 Leaves
10	Oliveoil	3 Tablespoons
11	Filo Pastry	2 Cup
12	Onion	1 Small
13	Chilli Flakes	1 Teaspoon
14	Refined Flour	1 Tablespoon

Directions

1. Chop All The Vegetables Finely ,In A Processor
2. Slice The Mushrooms Thickly
3. Heat Oil In A Pan Add The Chopped Vegetables Sauté On Medium For 5 Minutes
4. Add Black Pepper And Salt .
5. Add The Mushrooms And Sauté Further For 5 Minutes On Medium Heat Till The Mixture Turns Dry
6. Add A Tablespoon Of Refined Flour Cook For About A Minute
7. Add The Coconut Cream And Finish As Soon As It Bubbles And Becomes A Very Thick
8. Add The Basil And Chilli Flakes (If You Eat Hot)Fold Them In
9. Spread Out Phyllo Pastry Cut In The Size Of A4 Sheets Brush Some Oil Between The
10. Place The Fillo On A Butter Paper
11. Add Half The Cooled Mushroom Mixture In The Centre Length Wise It Should Not Take Than 1/3 Rd The Area On The Sheet
12. Fold From The Left Over The Mixture Cover It With Pastry From The Right ,Remember To Use The Butter Paper , Do Not Pick Up The Fillo It Might Break .
13. Flip It Over With The Help Of The Butter Paper By Holding It From Both Sides And Roll The Butter Paper From One Side Gently Making The Delicate Pastry Roll Over

The Vegan Protein Diet

14. Place On A Baking Tray ,Brush With Oil And Place It In A Preheated Oven At 350 Degrees For 30 Minutes .
15. Take Out Brush With Olive Oil Cut Slices And Serve .

Seitan And Broccoli Stir Fry

Ingredients:		
1	Sesame Oil	To Fry
2	Ginger Chopped	1 Tbsp
3	Garlic	1teaspoon
4	Onion Chopped	1 Teaspoon
5	Crushed Pepper Corns	1/4 Teaspoon
6	Cornflour	1 Teaspoon
7	Saitan	2 Cup
8	Torn Spinach Leaves	1/2 Cup
9	Broccoli Florets	2 Cup
10	Black Bean Sauce	1/4 Cup
11	Salt	To Taste
12	Cilantro	Few Sprigs

Directions

1. Finely Chop Garlic, Ginger And Onion
2. Cut Florets Of Broccoli And Strips Of Saitan
3. Heat Oil In A Wok
4. Stir Fry Onion Ginger Garlic
5. Add Saitan, Spinach And Seasoning ,
6. Add 1 Cup Water Or Veg Broth
7. Add The Black Bean Sauce And Broccoli
8. Boil For A Minute
9. Make Slurry Of 1 Tea Spoon Of Corn Flour And 1 Teaspoon Of Cold Water
10. Add To The Bubbling Sauce And Mix Immediately Without Delay So Lumps Can Be Avoided
11. Check Seasoning Serve With Rice And Garnish With Chopped Cilantro

The Vegan Protein Diet

Moroccan Saitan Stew

Ingredients:		
1	Olive Oil	To Fry
2	Ginger Chopped	1 Tbsp
3	Garlic	1 teaspoon
4	Onion Chopped	1 Teaspoon
5	Crushed Pepper Corns	1/4 Teaspoon
6	Cumin Powder	1 Teaspoon
7	Corriender Powder	2 Cup
8	Torn Spinach Leaves	1/2 Cup
9	Paprika	1 Teaspoon
10	Preserved Lemons(Salted)	2
11	Saitan	2 Cups
12	Cilantro	Few Sprigs
13	Flat Leaf Parsley	Few Sprigs
14	Boiled Chickpeas	½ Cup
15	Potato	1 Small

Directions

1. Finely Chop Garlic, Ginger And Onion
2. Cut Strips Of Saitan
3. Heat Oil In A Pan
4. Stir Fry Onion Ginger Garlic
5. Add Saitan, Paprika,Cumin ,Corriender, Pepercorn And Seasoning ,
6. Add 1 Cup Water Or Veg Broth
7. Add The Saitan, Potato,Chickpeas And Preserved Lemons
8. Simmer For 5 Minutes Cover And Place In Oven For 45 Mins At 350 Degrees
9. Check Seasoning Serve With Rice And Garnish With Chopped Cilantro

Tabbouleh Tofu And Hummus Rolls

Ingredients: For The Salad		
1	Bulgur Soaked	1 ½ Cup
2	Flat Leaf Parsley	½ Cup
3	Cilantro	½ Cup
4	Lebanese Cucumber Chopped	1cup
5	Tomatoes	½ Cup
6	Red Onion	½ Cup
7	Cilantro	½ Cup
For The Dressing		
8	Olive Oil	4 Tablespoons
9	Black Pepper Crushed	To Taste
10	Garlic	2 Cloves
11	Fresh Lemon Juice	3 Tablespoon
For the Rolls:		
12	Tortilla	4 Pcs
13	Hummus	1 Cup
14	Lettuce	1 Cup

Directions

1. Steam Bulgur In A Colander Above Salted Water Covered For 15 Minutes
2. Wash And Chop Finely Onion ,Tomatoes Cucumber Herbs .
3. Shift Into A Mixing Bowl And Hold
4. Crush Garlic With A Garlic Press Or A Mallet .
5. Mix Into Olive Oil Add Black Pepper Lemon Juice
6. Mix The Dressing Reserve Some Dressing For Tofu Put Rest In The Salad Into Mixing Bowl Season As Per Taste. Serve Fresh
7. Marinate The Tofu In Dressing Hold For 5 Minutes
8. Grill On A Non-Stick Pan And Sear All Sides
9. Slice The Tofu And Reserve . Lay Tortillas On Butterpaper
10. Spread Hummus On The Tortillas. Layer With Taubuhleh Top With Shreaded Lettuce
11. Top With Slices Of Seared Tofu Sprinkle Some Lemon Juice
12. Roll With The Help Of Butter Paper. Serve Like A Taco Folded

The Vegan Protein Diet

Ratatouille With Spaghetti

	Ingredients:	
1	Tomatoes	5 Large
2	Garlic	4 Cloves
3	Leeks Chopped	1 Teaspoon
4	Onion Chopped	1 Teaspoon
5	Carrot Chopped	1 Teaspoon
6	Salt	To Taste
7	Bayleaf	1
8	Crushed Pepper	1/4 Teaspoon
9	Basil	5leaves
10	Ollive Oil	1 Teaspoon
11	Onion	1 Small
12	Zucchini	1 Small
13	Eggplant	1 Small
14	Bell Peppers	1 Small
15	Mushrooms	100 Gms

Directions

1. Chop Leek, Onion, Carrot, Celery, Coarsely , Garlic ,In A Processor
2. Cut The Zucchini, Mushrooms, Eggplant And Bell Peppers Into Cubes.
3. Heat Oil In A Pan
4. Add Chopped Onion Garlic ,Leeks And Carrots
5. Sauté For A Minute
6. Season With Salt And Pepper
7. Add Chopped Tomatoes
8. Turn The Heat To Slow And Cook Covered For 30 Minutes, Till It Is Thick And Mush
Cook On Low For Another 10 Minutes.
9. Finish With Torn Basil Leaves
10. Add Cubed Vegetables Cover And Put In Oven To Bake At 350 For 35 Minutes
11. Check Seasoning And Consistency If Too Sour Add A Pinch Of Sugar
12. Serve Hot With Any Pasta

The Vegan Protein Diet

British Hot Pot

	Ingredients:	
1	Lima Beans	1/2 Cup
2	Table Margarine	2 Tablespoon
3	Onion	Half
4	Garlic	4 Cloves
5	Leeks	2 Inch
6	Thyme	A Sprig
7	Black Pepper Crushed	To Taste
8	Celery	2" Inch
9	Potato Peeled	½ Cup
11	Veg Broth	4 Cups
11	Turnip	1/2 Cup
12	Parsley	A Sprig
13	Carrots	2" Inch
14	Flour	½ Cup
15	Coconut Cream	1 Cup
16	Mushrooms	2 Cups

Directions

1. Cut Small Cubes Of Onion ,Leeks, Celery, Garlic, Carrots, Turnip Mushrooms & A Sprig Of Thyme
2. Sauté The Vegetables In Margarine Till Soft Without Colouring
3. Add Soaked Beans. Cook For A Minute
4. Add Flour And Cook For A Minute
5. Add 4 Cups Of Broth And Stir In. Bring To A Boil
6. Simmer Uncovered For 25 Minutes
7. Till The Mixture Is Thick And Heavy
8. Season With Salt And Freshly Ground Pepper .
9. Add Coconut Cream , Pour Into A Baking Dish
10. Slice The Peeled Potatoes
11. Top The Dish With Potato Slices And Apply Oil On Top
12. Bake At 350 For 30 Minutes .When It Becomes Golden On Top
13. Serve Hot With Chopped Parsley.

The Vegan Protein Diet

Black Dragon Rice & Mushroom Rissotto

	Ingredients: For Rice	
1	Black Dragon Rice	1/2 Cup
2	Olive Oil	3 Table Spoons
3	Veg Stock Cube	1/4th Cube
4	Water	2 Cups
For The Sauce		
6	Olive Oil	2 Tbsp
7	Leeks chopped	1 Tbsp
8	Garlic	1 Teaspoon
9	Onion Chopped	1 Teaspoon
11	Refined Flour	1 Teaspoon
11	Crushed Pepper Corns	1/4 Teaspoon
12	Water	2 CUP
13	Coconut Cream	1 Cup
14	Mushrooms	100 Grms
15	Origano	1/4 Teaspoon
16	Basil	A Sprig
17	Salt	To Taste

Directions

To Cook Rice

1. Heat Half A Teaspoon Of Oil Ain A Pan
2. Add The Rice Saute For A While
3. Pour In The Water
4. Season With Stock Cube
5. Bring To Boil ,And Reduce The Heat To Very Low
6. Cover And Cook For 30 Minuter
7. Keep Aside To Rest

For The Mushroom Sauce

1. Heat Olive Oil In A Pan
2. Saute Garlic ,Leeks And Onion For A While
3. Season With Pepper Corn And Salt
4. Through In Mushrooms And Increase The Heat To High Sear Them A Bit

The Vegan Protein Diet

5. Sprinkle Half A Teaspoon Of Refined Flour Stirring vigorously
6. Pour The Rich Coconut Cream
7. Add Dried Oregano
8. Finish With The Well Rested Rice Mix In Well
9. Serve With Boiled Garbanzo
10. Garnish With A Sprig Of Basil

CONCLUSION



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A vegan diet eliminates all animal products, including meat, fish, eggs, dairy and, often, honey. If you eat a balanced plant-based diet and enough overall calories to meet your energy needs, it's easy to get enough carbohydrates, protein and fat. Although, there are some nutrients that can be more challenging to reap from plants alone.

Whether you're a vegetarian, a vegan or just simply trying to cut down on your animal-based protein consumption, trying to figure out plant-based protein alternatives can be daunting. Luckily for you, we've done all the legwork for you in this ebook with your go-to resource to find these plant-based foods with significant amounts of protein.

Vegans should also pay special attention to include vitamin B-12, iron and omega-3 fatty acids and may also need to make extra efforts to get enough vitamin D, zinc and calcium. Read on to find out how vegans can get high protein without supplements and to learn a few extra tips to ace this plant-based diet.

