

## Vegetarian sources of protein

Proteins are the building blocks of our muscles. Even though they provide the same number of calories per gram than carbohydrates, proteins are hardly ever converted into fat. They are solely used to rebuild and repair muscle fibers. Besides, diets rich in protein make you feel full for longer which means that you won't overeat later in the day. Ideally, you should have protein with every meal.

Vegetarians may struggle in meeting their protein requirements, especially if they also restrict eggs and dairy products (AKA vegans). Don't get me wrong. It is possible to get enough protein from plants. However, because plant sources do not contain all the essential amino acids in one single food, you will need to combine a variety of vegetables, legumes, and grains in order to meet the requirements.

Below, you will find a table with the nutrition facts for several foods. I have highlighted the ones with the highest protein content. Aim to have at least one of those sources with every meal.

It is also important to choose your snacks wisely. Give preference to protein-rich foods over highly processed carbohydrate foods.

The following link offers a few recipes for high-protein vegetarian meals. Choose a few to try in order to boost your protein intake.

<http://vegetarian.about.com/od/healthnutrition/qt/High-Protein-Entrees.htm>

100 g	calories	carbs	fats	protein
broccoli	34	6.5	0.33	2.7
spinach	24	3.7	0.34	3
kale	49	10.4	0	3
cauliflower	25	5.3	0.1	2
cabbage	25	5.8	0.1	1.2
carrots	41	9.8	0	0.82
sweet potato	103	23.6	0.2	2.3
1/2 cup cooked	calories	carbs	fats	protein
lentils	116	20	0.4	9
beans pinto	143	26	0.6	9
chickpeas	119	22.6	1.12	4.5
beans kidney	84	15.5	0.35	5.2
green beans	35	7.8	0.24	1.92
edamame	160	13.3	6.4	17
1/2 cup cooked	calories	carbs	fats	protein
brown rice	103	21.9	0.68	2
oats	71	12	1.5	2.5

quinoa	86	15.6	1.35	3.2
barley	123	28.2	0.44	2.22
	calories	carbs	fats	protein
24 almonds	164	6.1	14.2	6
30g walnuts	210	3	20	5
28g cashews	160	8	14	5
28g pumpkin seeds	150	5	13	7
30g chia seeds	115	11.9	9.9	5.9
	calories	carbs	fats	protein
1 avocado	289	14.9	26.7	3.4
1 egg	72	0	4.8	6.3
100 g Tofu	70	1.6	4.2	8.2
	calories	carbs	fats	protein
1/2 cup yogurt	61	4.5	3.26	3.46
milk (1 cup)	150	12	8	8
100g Cottage cheese	103	2.6	4.5	12.5
	calories	carbs	fats	protein
30g protein powder	116	0.5	0.5	25.6

### Your protein intake plan

Recommended Daily Intake
RDI = BW x 0.8g (minimum)
RDI = BW x 1g (days off)
RDI = BW x 2g (active days)

Example:

BW = 70kg

Minimum RDI = 56g/day

Active RDI = 140g/day (on exercise days)

Off RDI = 70g/day (on rest days)

Meal Sample for active days:

Meal timing	Example
Breakfast	2 eggs (12g) 2 Soy-lin toast (12g)
Mid-morning snack	1 scoop of protein powder (25g) 1 cup milk (8g)
Lunch	1 cup lentils (18g) 100g tofu (8g)
Mid-afternoon snack	100g cottage cheese (12.5g) 28g pumpkin seeds (7g)
Dinner	Serving of vegetarian lasagne (33g)
Before bed snack	1 cup of milk (8g)
<b>Total</b>	<b>143g</b>

