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Meatless Monday?

Plant Protein Demystified

Jenn Hall



I'm Not a Doctor, a Nutritionist Or the Food Police!

I Am A:

Cancer Survivor.

Long time Plant-Based Eater,

Life-long Athlete

Weight Loss “Champion”

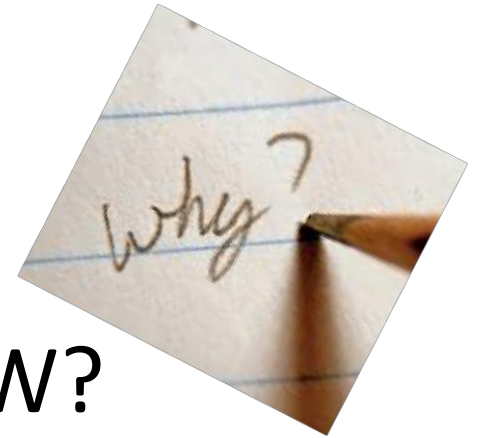
- Began a flexitarian lifestyle in 1994.
- Transitioned into vegetarian eating in 2002 after being diagnosed with Stage 4 NHL
- Became plant-based in 2008 (before it was cool:) after suffering kidney failure from a cancer research drug.

Now: Cancer-FREE!, managing my kidney function and overall health with a plant-based lifestyle.



WHY Should You Have Meatless Days?

1. Reduce Disease-Producing Inflammation
2. Increase Overall Nutrition
3. Relieve Bloating & Sluggishness



WHY Should You Stop Dairy NOW?

1. Dairy is Meant for Another Animal, Made from ROTTEN Stuff & Full of Hormones
2. See What Happens to Your SKIN
3. See What Happens to Your Tatas

No Meat!? Do You Know *My* Family?

Baby Steps:

1 Meal or 1 Day Each Week

Familiar Foods with Meat Replacement

Involve the Family in Shopping, Prep & Cooking Or “Yoga Food” It!



On other days, make a plant-based meal packed with nutrition AND a smaller portion of lean meat so that it becomes the “side dish” or an option.

Seitan “Wheat Meat”

Richest Plant Protein

- 25 Grams of Protein in 3.5 oz



Bonus! Selenium, Iron, Calcium & Phosphorus

- Buy it (refrigerated section) or Make It
- Pan-fry, Sauté, or Grill

Made from: Vital Wheat Gluten Flour, Chickpea Flour, Vegetable Broth, Lemon Juice, & often garlic and/or soy sauce

What Can You Make With Seitan?



So Many Seitan Options



Nutritional Yeast “Veggie Parm”

14g of Protein & 7g of Fiber per oz.

Bonus: (Fortified) Zinc, Magnesium, Copper,
Manganese & all the B vitamins including B12

Antiviral, Antibacterial Immune Booster

Made of deactivated

Saccharomyces Cerevisiae

Sold as powder or flakes

Cheesy Flavor!



What Can You Make With It?



Lentils

18g of Protein per cooked cup

Bonus: Slowly digested carbs, 50% of daily fiber in 1 cup- the type of fiber feeds the good bacteria in your colon promoting healthy gut, Folate, Manganese, Iron, & Antioxidants

Linked to disease prevention (heart disease, cancer)

What Can you Make With Lentils?



Chickpeas & Most Beans

15g or Protein per cooked cup

Bonus: Fiber, Iron, Folate, Phosphorus,
Potassium, Manganese

Known to: Decrease Cholesterol, Help Control
Blood Sugar, Lower Blood Pressure



What Can You Make With Them?



And...



Tofu, Tempeh & Edamame

10-19g of Protein per 3.5 oz.

All Originate from Soybeans

Soybeans provide the body with all of the amino acids it needs making it a whole source of protein.

Tofu is soybean curds pressed together.

Tempeh is cooked mature soybeans pressed into a patty- Bonus: Probiotics, B Vitamins, Magnesium & Phosphorus

Edamame are immature soybeans- Bonus: Folate, Vitamin K & Fiber

What Can You Make With Tofu?



What Can You Make With Tempeh?



What Can You Make With Edamame



Hempseed

10g Complete,
Easily Digestible Protein per oz.

-that's 50% more than Chia or Flax Seeds

Bonus: Magnesium, Iron, Calcium, Zinc, & Selenium,
Omega-3 & Omega-6

Known to Reduce Inflammation, Diminish
Symptoms of PMS, Menopause & Certain Skin
Diseases



What Can You Make With Hempseed? (& so many DESSERTS!)



Spelt & Teff

10-11g of Protein per Cooked Cup

Bonus: Fiber, Iron, Magnesium, Phosphorus,
Manganese, B Vitamins, Zinc & Selenium

Higher in protein than any other ancient grains.

Spelt is a type of wheat

Teff is gluten free

What Can You Make With Spelt & Teff?



Amaranth & Quinoa

8-9g Complete Protein per cooked cup

Don't grow from grass like other grains

Are sometimes called “pseudocereals”

Bonus: Fiber, Iron, Manganese, Phosphorus & Magnesium & Gluten Free

Can be cooked whole or made into flour



What Can You Make with It?



Green Peas

9g of Protein per cooked cup

Bonus: More than 25% of daily fiber, Vitamins A,C, K, Thiamine, Folate and Manganese Requirements

MORE Bonus: Iron, Magnesium, Phosphorus, Zinc, Copper & Several B Vitamins

Not Just a Side Dish!

What Can You Make With Green Peas?



Spirulina

8g of Complete Protein in 2 Tablespoons

Bonus: 22% of Daily Iron & Thiamin & 42% of Copper Needs, Magnesium, Riboflavin, Manganese, Potassium, Essential Fatty Acids

It is a blue-green algae containing phycocyanin an antioxidant, with anti-inflammatory properties.

What Can You Make With It?



Ezekiel Bread & Other Spouted Grain Bread

8g of Protein in 2 Slices of Bread

Made from organic, sprouted whole grains & legumes including wheat, millet, barley, spelt, soybeans & lentils.

Sprouting increases the amount of soluble fiber, folate, vitamin C, vitamin E, beta-carotene & the amino acid content, as well as lysine boosting the protein quality.

Wild Rice

7g of Protein per cooked cup

Bonus: Fiber, Manganese, Magnesium, Copper,
Phosphorus 7 B Vitamins

Check sources- the lack of bran makes the rice
protein rich but also subject to arsenic build up
if grown in polluted areas.

Chia Seed

6g of Protein & 13g Fiber per 1.25 oz.

Bonus: Iron, Calcium, Selenium, Magnesium,
Omega-3 & Antioxidants

Bland

Absorb Water Making a Gel

What Can You Make With Chia Seeds?



Oats & Oatmeal

6g of Protein in ½ Cup

Bonus: Fiber, Magnesium, Zinc, Phosphorus & Folate.

Not just for breakfast!

What Can You Make With Oats?



Nuts, Nut Butters & Other Seeds



5-7g of Protein per oz.

Bonus: Fiber, Healthy Fats, Iron, Calcium,
Magnesium, Selenium, Phosphorus, Vitamin E
& certain B Vitamins

Blanching & Roasting Damages Nutrients

Look for Raw Nuts & Natural Butters to Avoid
Oil, Sugar & Salt or Make Your Own!

Cashews Can Be All Kinds of Things!



Protein-Rich Fruits & Vegetables

Veggies: 4-5g of Protein per cooked cup

Most Protein: Broccoli, Spinach, Asparagus, Artichokes, Potatoes, Sweet Potatoes & Brussels Sprouts (Though technically a grain, Sweet Corn too)

Fruits: 2-4g of Protein per cup

Guava, Cherimoyas, Mulberries, Blackberries, Nectarines & Bananas

Recipe Resources

- Happyhappyvegan.com
- Loveandlemons.com
- Ordinaryvegan.com
- Thefitindian.com
- Carrotsandcake.com
- Ohmyveggies.com
- Thestingyvegan.com
- Foodconfidence.com
- Veryveganrecipes.com



Thank YOU!

Jenn Hall

needmorefitness@gmail.com

FB, TW, IG @talktojennhall

YouTube Channel: Needmorefitness

