

Simple Ways to Add Plant-Based Protein

*10 Strategies to
Supercharge Plant Protein
in Your Wholesome Journey*



PLANT-BASED PROTEIN & DISEASE

A [2020 study published in JAMA](#) found that eating plant-based protein instead of animal protein reduces the risk of early death.

Results of the study showed that replacing just 3% of animal protein with plant-based protein reduced the risk of death from heart disease by up to 12%. That's replacing just 3% of animal protein!

The associations were stronger when replacing eggs and red meat with plant protein.

Here's 10 ways to support your health with plant-based protein!

10 SIMPLE WAYS TO ADD PLANT-BASED PROTEIN

1

CHIA SEEDS

It might not seem like much, but 2.5 tablespoons of this tiny powerhouse adds 5 grams of protein. Not to mention - omega-3s, calcium, iron and zinc.

Add Chia Seeds

- Add to your smoothie or oatmeal.
- Try [chia seed pudding](#).
- Sprinkle on top of your stir-fry.
- Jam anyone? [Raspberry Chia Jam](#)



2

HEMP SEEDS

I actually forget about hemp seeds a lot! But my sister adds them to all of her salads for a little extra crunch. Not to mention 6.5 grams of protein per 2 tablespoons!

Add Hemp Seeds:

- Toss into salads.
- Add to smoothies.
- Sprinkle over a [grain bowl](#).



3

PEANUT BUTTER POWDER

We often think of nuts as a source of protein, but it's easy to forget about peanut butter powder! PB powder has protein (6 g per 2 tablespoons) and flavor - without the calories and extra fat.

Add Peanut Butter Powder:

- Add a tablespoon or 2 to your smoothie.
- Mix into your favorite muffin or pancake mix.
- A peanut butter and protein boost to oatmeal.



4

NUTRITIONAL YEAST

Often thought of as adding that "cheesy" flavor to vegan dishes, nutritional yeast also contains a good source of protein. In just 2 tablespoons, you'll find 8 grams of plant-based protein.

Add Nutritional Yeast:

- As a seasoning for popcorn, pasta, or salad.
- In a salad dressing: Garlic Tahini Dressing.
- In a tofu scramble.
- Hello, Vegan Queso!



5

SOY MILK

When it comes to non-dairy milks, I am a big fan of unsweetened, organic soy milks. It's not that other non-dairy milks are necessarily bad, but soy milk contains 8 grams of protein per cup - compared to 1 gram of almond milk. Consider the switch today, if you haven't already.

Use Soy Milk:

- Instead of water, use soy milk to make your oatmeal.
- Use as the liquid in baked goods.
- As the liquid in your smoothies.



Still not sure about soy? [Read the blog.](#)

6

CANNED LENTILS

I specifically wanted to list canned lentils because I believe they are easily forgotten! I forget them sometimes too! Purchase just like canned beans to keep on hand and use to add plant-protein to many different dishes! One half cup (1/2 c) has 7 grams of protein.

Use Canned Lentils:

- Add to a red or white pasta sauce to amp up pasta night.
- Top a baked potato!
- Mix into any soup or chili.



7

SPIRULINA

Spirulina is actually a blue-green algae. It is commonly found at "health food" stores. It certainly will turn your foods a vibrant, blue-green color! One tablespoon will add 4 grams of protein, 58 mg omega-3s, and 2 mg of iron. Whoa!

Use Spirulina:

- Add to a smoothie.
- Sprinkle on avocado toast.
- Add to a pesto sauce - it's already green!
- In place of green food coloring. See ya, artificial colors!



8

WILD RICE

Wild rice, which technically isn't even a rice, has 1.5x more protein than other long-grain rice varieties. A cooked cup (164 grams) contains 7 grams of protein and 3 grams of fiber.

Use Wild Rice:

- Try a Wild Rice Burger!
- Replace white or brown rice with wild rice.
- Use wild rice for your grain bowl base.
- Add the hearty grain to chili.



9

CANNED CHICKPEAS

Chickpeas have more use than just in a grain type bowl! In 1/2 cup canned chickpeas, you'll grab 7 grams of protein. These legumes are mild tasting and pretty versatile.

Add Chickpeas:

- Top your avocado toast with chickpeas.
- Try an [Italian Chickpea Burger](#).
- A sweet but healthy treat anyone?
[Chickpea Cookie Dough Balls](#)



10

PLANT-BASED PROTEIN POWDER

I *do not* believe vegans or vegetarians *need* to have a protein powder to meet their needs. Sometimes, it's nice to have one on hand just in case. I prefer an unsweetened, unflavored powder like the "Natural Unsweetened" product from [Orgain](#). Just one scoop will get you over 10 grams of protein.

Use a Protein Powder:

- Add to a smoothie (the easiest way!).
- Add to [energy ball](#) mixes.
- Add 1-2 scoops to baking mixes.



There's this misconception floating around that folks who go plant-based might struggle to get their protein game on point. But hey, let's set the record straight: with a bit of extra attention and some clever meal planning (ahem, white pasta, potato chips, and vegan "junk" isn't going to cut it!), you can absolutely ace your protein game! And get this – whether you're battling through cancer treatment, rocking post-surgery vibes, embracing the miracle of pregnancy, or crushing those intense workouts – the incredible world of whole, plant-based foods has your back in the protein department. Time to fuel up and thrive!

Learn more on the blog -> [Sources of Plant-Based Protein](#)