



TOP  
VEGETARIAN  
PROTEIN

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*transformation  
guide*

# BEING VEGETARIAN NEVER TASTED SO GOOD

So many people think that they have to eat animal protein to be nourished, and that is not the case. There are many people who thrive on eating plant protein. I encourage you to find what foods work for your unique body.

The USDA believes that you must consume 46 grams of proteins per day. Many believe that eating a plant-based diet makes it impossible to meet these standards, but it is not. You may be looking at these four weeks of meal plans and see a lot of animal protein, but remember that there are tons of recipes to choose from for all walks of life.

If you are vegetarian, omit the chicken if you see it in a salad or a rice and bean recipe, and simply move on with the most delicious meal you can eat. You can eat and nourish yourself in the way you believe is right for your body. There are plenty of smoothies, salads, soups, snacks, and meals that are vegetarian.

If you have been eating animal protein and you want to eat more plant-based foods, then this handout is for you. Whether you are vegetarian or not, eating foods that are easier to digest is the key to living a healthy and long life.

PROTEIN IS ESSENTIAL AS IT IS THE BUILDING  
BLOCK FOR OUR CELLS AND OUR DNA, SO  
MAKE SURE YOU ARE CONSUMING ENOUGH  
PROTEIN DAILY

## THE TOP FOODS I SUGGEST TO ADD INTO YOUR DIET

1. **Spirulina** – This contains the highest form of protein found anywhere in the world (70%). This superfood is a great recommendation for those seeking to lose weight and who want to maintain great health. I suggest adding a tablespoon to a smoothie each day, and you can even add one to a drink at night, as one ounce contains 16 grams of protein.
2. **Bee Pollen** - These granules, created by bees from flowering plants, is another nutrient-dense food that has 5 to 7 times more protein than beef. These immune-boosting, little seeds contain protein, the power you need to ward off colds, and give you a boost of energy, too.
3. **Goji Berries** - These red berries are not only a source of complete protein with 18 amino acids, but have 500 times more vitamin C per ounce than oranges. You can add these to trail mix, smoothies, soups, and salads, or you can eat them alone.
4. **Hemp** - A complete source of protein (36%), hemp is also a rich and balanced source of Omega-3 and Omega-6, including the rare form of GLA (Gamma Linoleic Acid). Just three tablespoons has 10 grams of protein.
5. **Chia Seeds** - These contain essential fatty acids, protein, and are a soluble fiber. The protein content is 4 grams per ounce, they taste delicious, plus they can be added to soups, smoothies, salads, or made into a chia pudding for breakfast or dessert.
6. **Quinoa** - This super grain is honestly the most perfect, non-animal source of protein, and one cup cooked contains 8.14 grams of protein.
7. **Tempeh** - I love this form of soy because it is fermented, and that means it is easy to digest. Soy can be hard for the body to digest, but, in this fermented form, it is ideal and a half cup has a whopping 15 grams of protein.

Do not forget about seeds, nuts, avocado, and legumes.