High protein and/or high energy plant-based alternatives is not intended to replace generic high protein and/or high energy dietary recommendations. Instead, this resource provides additional information on plant-based alternatives to help achieve increased energy and protein requirements.

Alternative high protein and/or high energy diet is useful when:
- You are underweight
- You are losing weight without trying
- You are unable to eat enough due to poor appetite or nausea
- You have increased energy and protein requirements

Alternative high energy foods include:
- Avocado
- Nuts and seeds (including chia, linseed, sunflower, and pepita seeds, etc)
- Oils (including olive, coconut, peanut, canola, avocado, walnut, etc)
- Nut butters (e.g. peanut, almond, cashew)
- Soy, rice, coconut (canned), macadamia, peanut, and oat milk
- Almond, soy or coconut ice cream/yoghurt/cream
- Nut based cheese (including soy cheese, etc)
- Dried fruit
- Fruit juice, smoothies or bowls
- Dark chocolate
- Bliss balls
- Dips (e.g. hummus, tahini)

Alternative high protein foods include:
- Legumes
- Beans
- Quinoa
- Lupin flakes
- Nuts
- Nut butters
- Meat alternatives (e.g. tofu, tempeh, edamame, falafel, etc)
- Nutritional yeast
- Soy and pea milk
- Soy yoghurt

General tips of how to achieve high protein and/or high energy goals/requirements:
- Eat more regularly (e.g. 6 times per day, every 2-3 hours)
- Always carry snacks (e.g. nuts, bliss balls, dried fruit, etc)
- Fortify* meals and snacks
- Prepare large batches of meals to freeze leftovers for a later date
- Keep favourite foods and snacks in the pantry/fridge/freezer
- Look for all opportunities to make the most of every mouthful by adding extra nutrition to meals and snacks
- Aim to include 1 – 2 milk/milk alternative drinks daily

### Alternative high protein high energy meal and snack ideas

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<th>Breakfast ideas</th>
<th>Tips to get the most out of your meal</th>
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| Cereal/porridge | • Add nut butter, fruit and/or honey to oat, rice or quinoa porridge  
• Add 2+ teaspoons of honey, nuts and/or seeds  
• Add ½ - 1 cup sliced fresh fruit  
• Add dried fruit  
• Add coconut oil or olive oil  
• Add honey, maple or rice malt syrup to grain of choice and bake until golden to make granola (add coconut or olive oil to bake)  
• Add dollop of soy, coconut or almond yoghurt to cereal and fruit |
| Toast toppers (use multi-grain or nut/seed bread for added energy and protein) | • Add a thick spread (2 tablespoons) of peanut, almond, hazelnut or tahini butter to bread or toast  
• Add ½ - 1 avocado with drizzle of olive oil and sprinkle of seeds to 2 slices of bread or toast  
• Add a thick spread (2 tablespoons) of chia seed jam to bread or toast  
• Add ½ - 1 cup beans to bread or toast (can add tinned tomato and/or spices as a homemade version of baked beans)  
• Add a thick spread of hummus with drizzle of olive oil to bread or toast |
| Pancakes/waffles (make with almond meal or coconut flour for added energy) | • Add 2 scoops of coconut or almond ice cream/yoghurt  
• Add 2 tablespoons of honey, maple, or rice malt syrup  
• Add 2 tablespoons of coconut cream  
• Add 2 tablespoons of nut butter (e.g. peanut, almond, hazelnut, macadamia)  
• Add sliced fresh fruit  
• Add a sprinkle of seeds/nuts |
| Fresh fruit and yoghurt of choice | • Add 2 teaspoons of honey/maple syrup  
• Add 2 tablespoons of nut butter  
• Add ¼ cup of nuts and/or seeds  
• Add 2 teaspoons of LSA (linseed, sunflower and almond meal)  
• Add ½ cup nut/grain granola |
| Nourishing drink (Recipes available - ask your Dietitian) | • Choose full fat, sweetened milk alternative (options listed in box below) instead of low fat or unsweetened.  
• Add 2 scoops of coconut or almond ice cream and/or yoghurt  
• Add 1-2 pieces of fruit (frozen bananas, berries, mango)  
• Add 2 tablespoons of nut butter or seeds  
• Add honey and/or maple syrup  
• Add 1-2 teaspoons of coconut oil  
• Add ½ - 1 avocado  
• Add cacao powder  
• Top smoothie with seeds, granola and/or coconut flakes |
| Alternative dairy (Addition to smoothie or cereal) | • Almond milk  
• Soy milk  
• Oat milk  
• Macadamia nut milk |
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<th>Lunch/dinner ideas</th>
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| **Sandwiches/Wraps** | Choose nourishing filling ideas (hummus and avocado with cucumber, nut butter with jam or honey, vegan cheese and salad with mayonnaise, tofu and salad with vegan mayonnaise)  
+ Add extra butter or margarine  
+ Drizzle salad with extra virgin olive oil |
| **Salad** | Include vegan cheese, nutritional yeast, nuts (e.g. pine nuts, macadamia nuts, almonds), seeds (e.g. chia, hemp or flax seeds), legumes (e.g. chickpeas, lentils) and/or meat alternative (e.g. tofu, tempeh, edamame)  
+ Add 2 tablespoons of oil or creamy dressing of choice  
+ Add ½ cup of quinoa or brown rice or whole wheat cous cous or pearl barley |
| **Soup** | Add croutons into soup, or serve with buttered/oiled bread/toast (e.g. garlic bread)  
+ Add legumes such as lentils, beans and/or chickpeas  
+ Add quinoa into soup  
+ Add diced avocado to soup  
+ Drizzle olive oil over soup  
+ Add full fat coconut cream/milk into soup  
+ Add or blend tofu into soup |
| **Wet dishes (e.g. casserole, curry, dahl)** | Use tofu, beans and/or legumes  
+ Add starchy vegetables (e.g. potato, sweet potato)  
+ Serve with bread, roti or naan bread  
+ Add 2-3 tablespoons coconut/almond yoghurt into meal or on top  
+ Drizzle finished meal with olive oil  
+ Sprinkle nuts over the top of curry dish (e.g. slivered almonds) |
| **Lunch/dinner ideas** | **Tips to get the most out of your meal** |
| **Pizza** | Top with tofu, beans and/or legumes  
+ Top with vegan cheese  
+ Add sliced and roasted starchy vegetables (e.g. sweet potato, potato, pumpkin)  
+ Add olives and/or antipasto mix  
+ Drizzle finished pizza with olive oil |
| **Stir fry** | Use tofu, beans and/or legumes  
+ Add nut butter (e.g. peanut butter for satay stir fry)  
+ Add coconut cream or coconut milk  
+ Add nuts and/or seeds (e.g. cashews, almonds, peanuts, sesame) |
| **Pasta/lasagne** | Use beans and/or legumes (e.g. lentils for spaghetti bolognaise)  
+ Use a bean or legume-based pasta or a combination mixed with grain-based pasta (e.g. edamame, mung bean, lentil,
| Chickpea)          | Use coconut cream for a creamier pasta or lasagne sauce  
|                   | Add vegan cheese (or cheese of choice)  
|                   | Sprinkle with nutritional yeast  
|                   | Drizzle pasta/lasagne with extra virgin olive oil  |
| Curry and/or dahl | Use firm tofu, beans and/or legumes  
|                   | Add nuts (e.g. cashews, almonds, peanuts)  
|                   | Add coconut cream or coconut milk from can or coconut yoghurt  
|                   | Serve with naan bread and/or roti with a drizzle of oil  |
| Small meal ideas or snacks | Tips to get the most out of your snacks  |
| Bliss balls       | Use nut or coconut flour as base  
|                   | Roll balls in cacao or coconut  
|                   | Add nuts, seeds, chocolate and dried fruit into mix  
|                   | Use oil (e.g. coconut or olive oil)  |
| Chia seed pudding | Make on coconut milk  
|                   | Add fresh fruit or dried fruit  
|                   | Add homemade or store-bought fruit compote/jam  
|                   | Top with coconut or almond yoghurt  
|                   | Add honey, maple or rice malt syrup  
|                   | Top with crushed nuts or shaved coconut  |
| Almond/coconut yoghurt | Add nuts and/or nut butter  
|                       | Add fresh fruit  
|                       | Add seeds  
|                       | Add grain and nut granola  |
| Desserts e.g. creamed rice, ice cream | Coconut or almond ice cream  
|                       | Add crushed nuts and seeds  
|                       | Add fresh or dried fruit  
|                       | Add dark chocolate  |
| Dried fruit and/or nuts, and/or legumes | Roasted chickpeas and/or broad beans  
|                       | Mix into yoghurt or top on cereal  
|                       | Handful of roasted/raw nuts  |
| Banana bread, muffins and pikelets       | Make on wholegrain flour, coconut flour, almond meal or chickpea flour  
|                       | Add nuts and/or seeds  
|                       | Add fruit or dried fruit  
|                       | Use full fat milk alternative  |
| On the go | Tips to optimising nutrition when you're on the go  |
| Snacks   | Grain bars (e.g. oat, quinoa, barley, spelt etc)  
|           | Nut bars (e.g. almond, cashew, peanut, walnut)  
|           | Handful of nuts or trail mix  
|           | Cheese or cheese alternative and crackers  
|           | Crackers with thick spread of nut butter or hummus  
|           | Bliss balls  
|           | Dark chocolate  
|           | Roasted legumes (e.g. fava bean, chickpeas etc)  
|           | Vegetable sticks with dip of choice (e.g. hummus)  
|           | Fresh fruit with nut butter dip (e.g. apple slices with almond butter, banana with peanut butter)  
|           | Pre-cooked edamame beans with sprinkle of salt  
|           | Homemade/store bought pikelets with spread of choice  
|           | Felafels  |
| Frozen convenience meals (Note: avoid ‘diet’, ‘lite’ or ‘light’ labelled meals) | • Vegetarian/vegan pizza  
• Vegetarian quiche  
• Lentil/vegetable lasagne  
• Lentil/tofu and vegetable risotto  
• Creamy pasta (preferably creamy with protein such as lentils)  
• Lentil/tofu curry and rice (preferably creamy)  
• Vegetarian savoury pastries  
• Vegetarian pie  
• Add a side of garlic bread to meals (1 – 2 slices) |
| Freezer meals ready to defrost (Make extra and freeze for a later date) | • Lentil spaghetti sauce frozen  
• Vegetable and/or lentil lasagne frozen  
• Eggplant parmigiana frozen  
• Dahl and chapatis/naan/roti frozen  
• Tofu/lentil/starchy vegetable soup frozen (e.g. add tofu or a can of lentils)  
• Risotto frozen (e.g. mushroom, spinach, pumpkin, sweet potato)  
• Pasta bake frozen  
• Burger patties frozen  
• Quinoa/vegetable casserole frozen  
• Pancakes frozen  
• Curry frozen  
• Falafels  
• Vegan/vegetarian chili frozen |

*Fortify definition:* Food fortification means increasing the nutritional value of your meals. This can be achieved by “bulking” meals up with extra energy and protein.

**Things I can do to optimise my energy and protein intake:**

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*For further information contact your Dietitian or Nutritionist:* ____________________________

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.  
Developed: October 2019  
Due for review: October 2021