High Protein High Energy Plant-Based Alternatives

High protein and/or high energy plantbased 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)

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Developed: October 2019

Due for review: October 2021



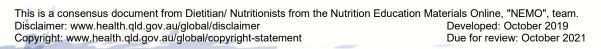
- Fortify* meals and snacks
- Prepare large batches of meals to freeze leftovers for a later date
- Keep favourite foods and snacks in the pantry/fridge/freezer
- Look for all opportunities to make the most of every mouthful by adding extra nutrition to meals and snacks
- Aim to include 1 2 milk/milk alternative drinks daily

Alternative high protein high energy meal and snack ideas Breakfast ideas Tips to get the most out of your meal						
Dieakiasi lueas	Tips to get the most out of your meal					
	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					
Cereal/porridge	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					
	Add a thick spread (2 tablespoons) of peanut, almond, hazelnut and a table by the standard and a stand					
	or tahini butter to bread or toast					
Toget tempera	 Add ½ - 1 avocado with drizzle of olive oil and sprinkle of seeds to 2 slices of bread or toast 					
Toast toppers						
(use multi-grain or nut/seed bread for added energy and	Add a thick spread (2 tablespoons) of chia seed jam to bread or toast					
protein)	 Add ½ - 1 cup beans to bread or toast (can add tinned tomato 					
protein	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					
	Add 2 scoops of coconut or almond ice cream/yoghurt					
	Add 2 dablespoons of honey, maple, or rice malt syrup					
Pancakes/waffles	Add 2 tablespoons of coconut cream					
(make with almond meal or	Add 2 tablespoons of nut butter (e.g. peanut, almond, hazelnut,					
coconut flour for added	macadamia)					
energy)	Add sliced fresh fruit					
	Add a sprinkle of seeds/nuts					
	Add 2 teaspoons of honey/maple syrup					
	Add 2 tablespoons of nut butter					
Fresh fruit and yoghurt of	Add ¼ cup of nuts and/or seeds					
choice	Add 2 teaspoons of LSA (linseed, sunflower and almond meal)					
	Add ½ cup nut/grain granola					
	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					
Navoiahiaa alaiak	Add 1-2 pieces of fruit (frozen bananas, berries, mango)					
Nourishing drink	Add 2 tablespoons of nut butter or seeds					
(Recipes available - ask your Dietitian)	Add honey and/or maple syrup					
Dietitian)	Add 1-2 teaspoons of coconut oil					
	Add ½ - 1 avocado					
	Add cacao powder					
	Top smoothie with seeds, granola and/or coconut flakes					
Alternative dains	Almond milk					
Alternative dairy (Addition to smoothie or cereal)	Soy milk					
	Oat milk					
	Macadamia nut milk					

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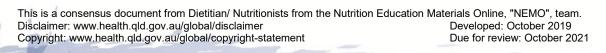


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	Pea milk Diag milk				
	Rice milk Hazelput milk				
	Hazelnut milk Sov vogburt				
	Soy yoghurtAlmond yoghurt				
	Coconut yoghurtCoconut cream				
Lunch/dinner ideas	Tips to get the most out of your meal				
Sandwiches/Wraps	 Choose nourishing filling 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 				
	 Add croutons into soup, or serve with buttered/oiled bread/toast (e.g. garlic bread) Add legumes such as lentils, beans and/or chickpeas 				
Soup	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, 				



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	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				
	Use firm tofu, beans and/or legumes				
Common and done do by	Add nuts (e.g. cashews, almonds, peanuts)				
Curry and/or dahl	Add coconut cream or coconut milk from can or coconut				
	yoghurt				
Small meal ideas or snacks	Serve with naan bread and/or roti with a drizzle of oil Ting to get the most out of your appears.				
Small meal ideas of snacks	Tips to get the most out of your snacks Use nut or coconut flour as base				
	Roll balls in cacao or coconut				
Bliss balls	Add nuts, seeds, chocolate and dried fruit into mix				
	Use oil (e.g. coconut or olive oil) Make on coconut milk				
	Add fresh fruit or dried fruit				
	Add hesh half of the half Add homemade or store-bought fruit compote/jam				
Chia seed pudding	Top with coconut or almond yoghurt				
	Add honey, maple or rice malt syrup				
	Top with crushed nuts or shaved coconut				
	Add nuts and/or nut butter				
	Add fresh fruit				
Almond/coconut yoghurt	Add seeds				
	Add grain and nut granola				
	Coconut or almond ice cream				
Desserts e.g. creamed rice,	Add crushed nuts and seeds				
ice cream	Add fresh or dried fruit				
	Add dark chocolate				
D.: - 1 f: 1 1/ 1/	Roasted chickpeas and/or broad beans				
Dried fruit and/or nuts, and/or	Mix into yoghurt or top on cereal				
legumes	Handful of roasted/raw nuts				
	• Make on wholegrain flour, coconut flour, almond meal or				
Danana broad muffins and	chickpea flour				
Banana bread, muffins and pikelets	Add nuts and/or seeds				
hiverers	Add fruit or dried fruit				
	Use full fat milk alternative				
On the go	Tips to optimising nutrition when you're on the go				
	Grain bars (e.g. oat, quinoa, barley, spelt etc)				
Snacks	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 Dealt ab acaleta				
	Dark chocolate Departed legitimes (e.g. fave been chickness etc)				
	Roasted legumes (e.g. fava bean, chickpeas etc) Vegetable sticks with dip of shains (e.g. hymmus)				
	Vegetable sticks with dip of choice (e.g. hummus) Freeh fruit with put butter dip (e.g. apple cliese with almost				
	• 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:					

For further information contact your Dietitian or Nutritionist:

