Vegan high protein high energy diet

This resource is for people who are wanting to eat high protein and high energy foods on a vegan diet. This information can be used if:

- You are wanting to gain weight or help prevent muscle and weight loss
- You are unable to eat enough due to poor appetite or nausea
- You have increased energy (calorie) and protein needs

High protein vegan foods include:

- Meat alternatives such as tofu or mycoprotein products e.g. Quorn™
- Legumes e.g. chickpeas, lentils, black beans, kidney beans, baked beans
- Nuts and seeds
- Vegan protein supplements e.g. Amazonia raw, Earth Protein, Dairy Free Up&Go

High energy vegan foods include:

- Salad dressings, oils
- Avocado, non-dairy spread (e.g. Nuttelex), nut butters
- Juice, dairy free chocolate, cakes and biscuits
- Dairy alternatives: plant-based milks, ice-creams, cheese and yoghurt

Vegan high protein high energy tips and strategies:

- If your appetite is poor, aim for 6 smaller meals per day.
- Ensure your pantry, fridge and freezer are stocked with your favourite ready-to-eat meals, snacks, high protein meat alternatives (see below) and full fat dairy alternatives.
- Drink nourishing fluids such as soy milk, juice, protein supplements, or smoothies instead of just tea, coffee or water.
- Make sure you have something high in protein and energy for each meal and snack.
  - Eat your protein foods first before your fruits and vegetables. Fruits and vegetables are high in fibre which can make you feel full quickly and for longer.
  - Cook meals in bulk and freeze in batches for when you don’t feel like cooking.
  - It is better to eat something (even a cake or a treat) at each mealtime when your appetite is poor rather than skip the meal.
Great sandwich filling suggestions:
- Hummus, soy cheese and salad
- Peanut or almond butter and jam
- Peanut butter with sliced banana and maple syrup
- Avocado, tomato and soy cheese
- Lentil patty with hummus and salad
- Baked beans and soy cheese
- Leftovers (on a toasted sandwich)

Nutrition of meat alternatives
When selecting a meat alternative, it is important to consider the protein content as some processed plant-based products may be low in protein.
- Read the nutrition label and use the 100g column to compare each item.
- Aim for around 15-20g of protein per meal (check with your dietitian for your individual protein needs).

Examples of protein content of meat alternatives:

<table>
<thead>
<tr>
<th>Food item</th>
<th>Protein content per serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quorn mince</td>
<td>14.9g per 100g</td>
</tr>
<tr>
<td>Plant-based burger patties</td>
<td>16.4g per 1 patty (110g)</td>
</tr>
<tr>
<td>Firm tofu</td>
<td>16g protein per ½ cup (140g)</td>
</tr>
<tr>
<td>Lentils</td>
<td>16g protein per 1 cup (cooked)</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>14g protein per 1 cup (cooked)</td>
</tr>
<tr>
<td>Plant-based sausages</td>
<td>7-9g per sausage</td>
</tr>
</tbody>
</table>

Nutrition of milk alternatives
It is also important to consider the protein content when selecting a plant-based milk alternative as many are low in protein and calcium.
- Aim for around 5-8g of protein per 250ml and 250mg calcium per 250ml
- Examples of recommended higher-protein milk alternatives include:
  - Protein-fortified soy milk
  - Protein-fortified almond milk
  - Protein-fortified oat milk
  - Pea-protein milk
## Sample meal plan

### Breakfast
- Muesli (lots of nuts, seeds and dried fruit) with full fat soy milk, fresh fruit and maple syrup.
- Toast spread thickly with nut butter or non-dairy spread.
- Coffee made on full fat soy milk.

### Morning tea
- Smoothie made with soy milk, fruit, soy/almond/coconut ice-cream and LSA.
- Handful of nuts and seeds.

### Lunch
- Lentil soup made with blended silken tofu, vegetables, onions and garlic cooked in plenty of oil.
- Served with a sandwich made with soy cheese, avocado, hummus and salad.

### Afternoon tea
- Full fat soy coffee served with a vegan cake/treat/protein ball.

### Dinner/Tea
- Tofu and nut stir-fry or curry served with fried rice or noodles.
- Fried vegan spring rolls or samosa and pappadums.
- Vegan yoghurt or ice-cream with stewed apple or frozen berries.

### Supper
- Dairy free hot chocolate on full fat soy milk.

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**Soy milk adds protein**

**Extra protein and energy from the tofu, soy cheese and avocado**

**High energy substitute for plain tea or water**

**Extra oil gives extra energy while tofu and nuts add protein.**

**Can add more non-dairy spread if the toast is warm. Peanut butter provides extra energy.**

**Good energy and protein from the soy milk and fruit**

**Avocado, hummus and soy cheese are tasty sources of extra energy**

**Another easy but tasty way to add more energy.**

**A high protein and energy finish to your meal.**

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This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.


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