

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:

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

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

