

## High Protein High Energy Plant-Based Alternatives

**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 & seed butters (e.g. peanut, almond, cashew, tahini)
- 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

Breakfast ideas	Tips to get the most out of your meal
Cereal/porridge	<ul style="list-style-type: none"> <li>• Add nut butter, fruit and/or honey to oat, rice or quinoa porridge</li> <li>• Add 2+ teaspoons of honey, nuts and/or seeds</li> <li>• Add ½ - 1 cup sliced fresh fruit</li> <li>• Add dried fruit</li> <li>• Add coconut oil or olive oil</li> <li>• 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)</li> <li>• Add dollop of soy, coconut or almond yoghurt to cereal and fruit</li> </ul>
Toast toppers (use multi-grain or nut/seed bread for added energy and protein)	<ul style="list-style-type: none"> <li>• Add a thick spread (2 tablespoons) of peanut, almond, hazelnut or tahini butter to bread or toast</li> <li>• Add ½ - 1 avocado with drizzle of olive oil and sprinkle of seeds to 2 slices of bread or toast</li> <li>• Add a thick spread (2 tablespoons) of chia seed jam to bread or toast</li> <li>• Add ½ - 1 cup beans to bread or toast (can add tinned tomato and/or spices as a homemade version of baked beans)</li> <li>• Add a thick spread of hummus with drizzle of olive oil to bread or toast</li> </ul>
Pancakes/waffles (make with almond meal or coconut flour for added energy)	<ul style="list-style-type: none"> <li>• Add 2 scoops of coconut or almond ice cream/yoghurt</li> <li>• Add 2 tablespoons of honey, maple, or rice malt syrup</li> <li>• Add 2 tablespoons of coconut cream</li> <li>• Add 2 tablespoons of nut butter (e.g. peanut, almond, hazelnut, macadamia)</li> <li>• Add sliced fresh fruit</li> <li>• Add a sprinkle of seeds/nuts</li> </ul>
Fresh fruit and yoghurt of choice	<ul style="list-style-type: none"> <li>• Add 2 teaspoons of honey/maple syrup</li> <li>• Add 2 tablespoons of nut butter</li> <li>• Add ¼ cup of nuts and/or seeds</li> <li>• Add 2 teaspoons of LSA (linseed, sunflower and almond meal)</li> <li>• Add ½ cup nut/grain granola</li> </ul>
Nourishing drink (Recipes available - ask your Dietitian)	<ul style="list-style-type: none"> <li>• Choose full fat, sweetened milk alternative (options listed in box below) instead of low fat or unsweetened.</li> <li>• Add 2 scoops of coconut or almond ice cream and/or yoghurt</li> <li>• Add 1-2 pieces of fruit (frozen bananas, berries, mango)</li> <li>• Add 2 tablespoons of nut butter or seeds</li> </ul>

	<ul style="list-style-type: none"> <li>• Add honey and/or maple syrup</li> <li>• Add 1-2 teaspoons of coconut oil</li> <li>• Add ½ - 1 avocado</li> <li>• Add cacao powder</li> <li>• Top smoothie with seeds, granola and/or coconut flakes</li> </ul>
Alternative dairy (Addition to smoothie or cereal)	<ul style="list-style-type: none"> <li>• Almond milk</li> <li>• Soy milk</li> <li>• Oat milk</li> <li>• Macadamia nut milk</li> <li>• Pea milk</li> <li>• Rice milk</li> <li>• Hazelnut milk</li> <li>• Soy yoghurt</li> <li>• Almond yoghurt</li> <li>• Coconut yoghurt</li> <li>• Coconut cream</li> </ul>
<b>Lunch/dinner ideas</b>	<b>Tips to get the most out of your meal</b>
Sandwiches/Wraps	<ul style="list-style-type: none"> <li>• 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)</li> <li>• Add extra butter or margarine</li> <li>• Drizzle salad with extra virgin olive oil</li> </ul>
Salad	<ul style="list-style-type: none"> <li>• 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)</li> <li>• Add 2 tablespoons of oil or creamy dressing of choice</li> <li>• Add ½ cup of quinoa or brown rice or whole wheat cous cous or pearl barley</li> </ul>
Soup	<ul style="list-style-type: none"> <li>• Add croutons into soup, or serve with buttered/oiled bread/toast (e.g. garlic bread)</li> <li>• Add legumes such as lentils, beans and/or chickpeas</li> <li>• Add quinoa into soup</li> <li>• Add diced avocado to soup</li> <li>• Drizzle olive oil over soup</li> <li>• Add full fat coconut cream/milk into soup</li> <li>• Add or blend tofu into soup</li> </ul>
Wet dishes (e.g. casserole, curry, dahl)	<ul style="list-style-type: none"> <li>• Use tofu, beans and/or legumes</li> <li>• Add starchy vegetables (e.g. potato, sweet potato)</li> <li>• Serve with bread, roti or naan bread</li> <li>• Add 2-3 tablespoons coconut/almond yoghurt into meal or on top</li> <li>• Drizzle finished meal with olive oil</li> <li>• Sprinkle nuts over the top of curry dish (e.g. slivered almonds)</li> </ul>
<b>Lunch/dinner ideas</b>	<b>Tips to get the most out of your meal</b>
Pizza	<ul style="list-style-type: none"> <li>• Top with tofu, beans and/or legumes</li> <li>• Top with vegan cheese</li> <li>• Add sliced and roasted starchy vegetables (e.g. sweet potato, potato, pumpkin)</li> <li>• Add olives and/or antipasto mix</li> <li>• Drizzle finished pizza with olive oil</li> </ul>

Stir fry	<ul style="list-style-type: none"> <li>• Use tofu, beans and/or legumes</li> <li>• Add nut butter (e.g. peanut butter for satay stir fry)</li> <li>• Add coconut cream or coconut milk</li> <li>• Add nuts and/or seeds (e.g. cashews, almonds, peanuts, sesame)</li> </ul>
Pasta/lasagne	<ul style="list-style-type: none"> <li>• Use beans and/or legumes (e.g. lentils for spaghetti bolognese)</li> <li>• Use a bean or legume-based pasta or a combination mixed with grain-based pasta (e.g. edamame, mung bean, lentil, chickpea)</li> <li>• Use coconut cream for a creamier pasta or lasagne sauce</li> <li>• Add vegan cheese (or cheese of choice)</li> <li>• Sprinkle with nutritional yeast</li> <li>• Drizzle pasta/lasagne with extra virgin olive oil</li> </ul>
Curry and/or dahl	<ul style="list-style-type: none"> <li>• Use firm tofu, beans and/or legumes</li> <li>• Add nuts (e.g. cashews, almonds, peanuts)</li> <li>• Add coconut cream or coconut milk from can or coconut yoghurt</li> <li>• Serve with naan bread and/or roti with a drizzle of oil</li> </ul>
<b>Small meal ideas or snacks</b>	<b>Tips to get the most out of your snacks</b>
Bliss balls	<ul style="list-style-type: none"> <li>• Use nut or coconut flour as base</li> <li>• Roll balls in cacao or coconut</li> <li>• Add nuts, seeds, chocolate and dried fruit into mix</li> <li>• Use oil (e.g. coconut or olive oil)</li> </ul>
Chia seed pudding	<ul style="list-style-type: none"> <li>• Make on coconut milk</li> <li>• Add fresh fruit or dried fruit</li> <li>• Add homemade or store-bought fruit compote/jam</li> <li>• Top with coconut or almond yoghurt</li> <li>• Add honey, maple or rice malt syrup</li> <li>• Top with crushed nuts or shaved coconut</li> </ul>
Almond/coconut yoghurt	<ul style="list-style-type: none"> <li>• Add nuts and/or nut butter</li> <li>• Add fresh fruit</li> <li>• Add seeds</li> <li>• Add grain and nut granola</li> </ul>
Desserts e.g. creamed rice, ice cream	<ul style="list-style-type: none"> <li>• Coconut or almond ice cream</li> <li>• Add crushed nuts and seeds</li> <li>• Add fresh or dried fruit</li> <li>• Add dark chocolate</li> </ul>
Dried fruit and/or nuts, and/or legumes	<ul style="list-style-type: none"> <li>• Roasted chickpeas and/or broad beans</li> <li>• Mix into yoghurt or top on cereal</li> <li>• Handful of roasted/raw nuts</li> </ul>
Banana bread, muffins and pikelets	<ul style="list-style-type: none"> <li>• Make on wholegrain flour, coconut flour, almond meal or chickpea flour</li> <li>• Add nuts and/or seeds</li> <li>• Add fruit or dried fruit</li> <li>• Use full fat milk alternative</li> </ul>
<b>On the go</b>	<b>Tips to optimising nutrition when you're on the go</b>
Snacks	<ul style="list-style-type: none"> <li>• Grain bars (e.g. oat, quinoa, barley, spelt etc)</li> <li>• Nut bars (e.g. almond, cashew, peanut, walnut)</li> <li>• Handful of nuts or trail mix</li> <li>• Cheese or cheese alternative and crackers</li> <li>• Crackers with thick spread of nut butter or hummus</li> </ul>

	<ul style="list-style-type: none"> <li>• Bliss balls</li> <li>• Dark chocolate</li> <li>• Roasted legumes (e.g. fava bean, chickpeas etc)</li> <li>• Vegetable sticks with dip of choice (e.g. hummus)</li> <li>• Fresh fruit with nut butter dip (e.g. apple slices with almond butter, banana with peanut butter)</li> <li>• Pre-cooked edamame beans with sprinkle of salt</li> <li>• Homemade/store bought pikelets with spread of choice</li> <li>• Felafels</li> </ul>
Frozen convenience meals (Note: avoid 'diet', 'lite' or 'light' labelled meals)	<ul style="list-style-type: none"> <li>• Vegetarian/vegan pizza</li> <li>• Vegetarian quiche</li> <li>• Lentil/vegetable lasagne</li> <li>• Lentil/tofu and vegetable risotto</li> <li>• Creamy pasta (preferably creamy with protein such as lentils)</li> <li>• Lentil/tofu curry and rice (preferably creamy)</li> <li>• Vegetarian savoury pastries</li> <li>• Vegetarian pie</li> <li>• Add a side of garlic bread to meals (1 – 2 slices)</li> </ul>
Freezer meals ready to defrost (Make extra and freeze for a later date)	<ul style="list-style-type: none"> <li>• Lentil spaghetti sauce frozen</li> <li>• Vegetable and/or lentil lasagne frozen</li> <li>• Eggplant parmigiana frozen</li> <li>• Dahl and chapatis/naan/roti frozen</li> <li>• Tofu/lentil/starchy vegetable soup frozen (e.g. add tofu or a can of lentils)</li> <li>• Risotto frozen (e.g. mushroom, spinach, pumpkin, sweet potato)</li> <li>• Pasta bake frozen</li> <li>• Burger patties frozen</li> <li>• Quinoa/vegetable casserole frozen</li> <li>• Pancakes frozen</li> <li>• Curry frozen</li> <li>• Falafels</li> <li>• Vegan/vegetarian chili frozen</li> </ul>

**\*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:** \_\_\_\_\_

