

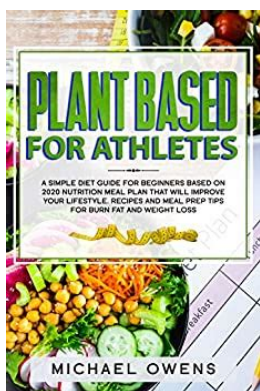
# Discover the Secret to Optimal Health with Plant-Based High Protein!

Are you looking for a more sustainable and ethical way to add protein to your diet? Look no further! Plant-based high protein is the new trend taking the health and fitness world by storm. Not only is it better for the environment, but it also provides numerous health benefits that will leave you feeling energized and satisfied. So, let's dive into the world of plant-based high protein and learn how it can transform your lifestyle.

## Why Choose a Plant-Based High Protein Diet?

Gone are the days when plant-based diets were associated with protein deficiencies. With the right approach, you can easily meet your daily protein requirements and more with plant-based sources. So, what makes this diet so appealing?

Firstly, opting for plant-based protein sources helps reduce your carbon footprint and contributes to a more sustainable future. Animal agriculture is one of the leading causes of greenhouse gas emissions and deforestation. By switching to a plant-based high protein diet, you can make a positive impact on the environment.



## Plant Based High Protein: A Simple Diet guide for Beginners Athletes, based on 2020 nutrition Meal Plan that will improve your Lifestyle. Recipes and Meal Prep tips for Muscle Growth

by Michael Owens (Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 146 pages
Lending	: Enabled



Secondly, plant-based proteins are generally lower in saturated fats and cholesterol compared to animal-based protein sources. This makes them a heart-healthy option, reducing the risk of cardiovascular diseases. Additionally, plant proteins are rich in fiber, vitamins, and minerals, promoting overall wellness.

Furthermore, studies have shown that plant-based diets can lower the risk of type 2 diabetes, obesity, and certain types of cancer. By incorporating more plant-based protein into your meals, you can reduce inflammation and improve your immune system, leading to a healthier and more vibrant life.

## **Top Plant-Based High Protein Sources**

Now that you understand the benefits of a plant-based high protein diet, let's explore some of the best sources of plant-based proteins:

### **1. Lentils**

Lentils are a powerhouse of nutrients and an excellent source of plant-based protein. They contain around 18 grams of protein per cooked cup. Not only are they rich in protein, but they also provide fiber, iron, and folate.

### **2. Quinoa**

Quinoa is a complete protein source, which means it contains all the essential amino acids your body needs. With approximately 8 grams of protein per cooked cup, it makes for a versatile and delicious addition to any meal. Quinoa is also gluten-free and packed with essential minerals like magnesium and phosphorus.

### **3. Chickpeas**

Chickpeas, also known as garbanzo beans, are not only a good source of plant protein, but they are also filled with fiber and antioxidants. With 15 grams of protein per cooked cup, chickpeas are a staple in many plant-based diets. They can be used to make hummus, added to salads, or roasted for a healthy snack.

### **4. Tofu**

Tofu, derived from soybeans, is a popular plant-based protein choice, especially among vegetarians and vegans. With approximately 10 grams of protein per 100 grams, tofu is not only versatile but also low in calories and a great source of iron and calcium.

### **5. Chia Seeds**

Chia seeds are a tiny superfood packed with plant-based protein and omega-3 fatty acids. Just two tablespoons of chia seeds provide around 4 grams of protein. They can be easily added to smoothies, oatmeal, or used as an egg substitute in baking.

## **Delicious Plant-Based High Protein Recipes**

Now that you're equipped with the knowledge of plant-based high protein sources, let's explore some delicious recipes perfect for incorporating into your diet:

### **1. Vegan Quinoa and Vegetable Stir-Fry**

This colorful and flavorsome stir-fry combines protein-packed quinoa with an assortment of fresh vegetables, creating a nutritious and satisfying meal.

## **2. Roasted Chickpea and Kale Salad**

This vibrant salad features crispy roasted chickpeas, nutrient-rich kale, and a tangy dressing. It's a perfect balance of flavors and textures, with a healthy dose of plant-based protein.

## **3. Lentil Curry Stew**

Warm yourself up with a comforting bowl of lentil curry stew. Packed with plant-based protein, veggies, and aromatic spices, this stew is a hearty and nutritious meal option.

## **4. Tofu Scramble Breakfast Burrito**

Start your day with a protein-packed breakfast burrito filled with savory tofu scramble, fresh vegetables, and your favorite flavorful spices. It's a delicious and filling way to fuel your mornings.

## **5. Chia Seed Pudding**

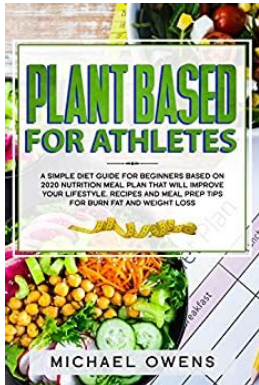
Satisfy your sweet tooth with a creamy and nutritious chia seed pudding. Simply mix chia seeds with your choice of plant-based milk, sweetener, and toppings, and let it set overnight for a quick and easy dessert or breakfast option.

Incorporating these delicious recipes into your diet will not only add variety to your meals but also provide your body with the protein it needs to thrive on a plant-based high protein lifestyle.

Plant-based high protein diets offer a sustainable, ethical, and health-conscious approach to nutrition. By incorporating sources like lentils, quinoa, chickpeas,

tofu, and chia seeds, you can easily meet your daily protein requirements while enjoying a wide range of delicious meals.

So, why not give the plant-based high protein lifestyle a try? Your body, mind, and the environment will thank you for it. Start exploring these new recipes today and discover the amazing benefits of embracing plant-based protein.



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**If you want to increase up to 10 lbs in less than 12 weeks in a mathematical and lasting way, keep reading...**

The truth is: It is very difficult to get the muscular, fit body we dream of without proper knowledge of muscle building and importance of the diet.

Everyone dreams of owning a ripped body with only lean muscles and almost zero fats. But there is a long and tedious process associated with it, especially if you are someone with a skinny body.

The first thing you imagine about bodybuilding is someone having generous portions of meat. The first step is to burst the myth that one cannot build a muscular body without having a huge amount of meat and eggs. We generally tend to disregard the importance of plant-based proteins and so are hesitant to believe there are many other ways to get the same result with a plant-based diet.

But with the changing times, people are opting towards vegan diets more and more. Surely, they can't be deliberately choosing to compromise their physique by cutting the meat from their diet.

### **What is a plant-based diet?**

A plant-based diet, also known as the vegan diet is a type of dietary habit that revolves around the idea of eating plants instead of animals. It doesn't include items like fish, eggs, meat or dairy products but rather emphasise on the plant-based alternatives.

And no, contrary to the popular but misinformed belief, it doesn't simply consist of vegetables like potatoes, carrots, radishes, etc. Rather it includes a variety of different products like nuts, pulses and legumes, etc.

Is it really possible to increase based on plant-based proteins only?

Yes, it is totally possible for someone to choose a plant-based diet and have a perfect physique at the same time without compromising on the amount of proteins needed for muscle growth.

Due to the lack of awareness, we mostly remain unknown about the beneficial quality of plant-based high proteins. But nowadays, even many of our favourite athletes and actors are proving that plant-based high protein diet is a healthy lifestyle to get a fit and toned body.

Download the e-book: Plant Based High Protein, A Simple diet guide for Beginners Athletes based on 2020 nutrition Meal Plan that will improve your Lifestyle. Recipes and Meal Prep tips for Muscle Growth.

Another problem with the process of muscle growth based on plant-based high protein diet is the lack of available information on the preparation of the meals.

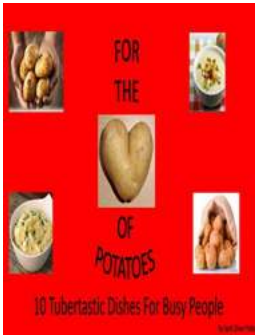
The goal of the e-book is simple: With the help of this book, you can start to work on your dream of having a muscular body without the need to depend on meat and dairy products.

You will also learn:

- **What is the high protein diet mindset**
- **How to recognize the macro & micro nutrients you need**
- **How to build muscle mass in two main stages**
- **How to manage & setting weight goals**
- **Main Foods: The 7 plant-based essential foods with high protein content**
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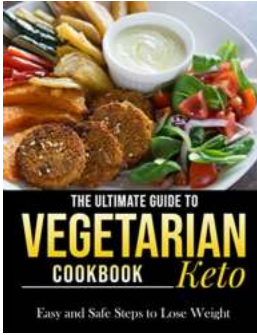
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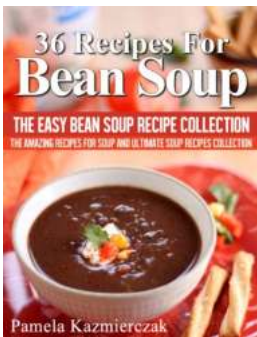
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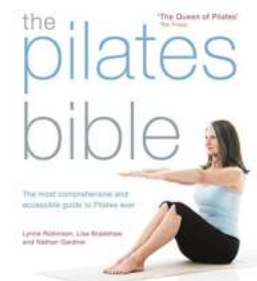
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