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PLANT-BASED RECIPE COOKBOOK 2.0

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affordable

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The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances.

Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author.

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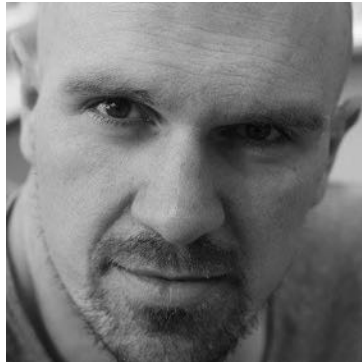
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Author: Justin Kaye

ABOUT THE AUTHOR

Writing this book has been a very exciting experience to take on, and it is the result of spending years experimenting with healthy food choices over the years.

I've been a vegan for over 2 years now and it took me awhile to get used to eating a whole, food plant based diet and the tasty recipes that you will find in this book. But now brands like Tofurkey, Gardein, Beyond Meat, Tofutti, and so many more came out with meat substitutes that can make cooking a lot more fun, tasty, and quick!

In this book you will find the total estimated macro nutrient for each recipe. What is macro nutrients? Macronutrients are nutrients required in large amounts for example, protein, carbohydrates, and fats.

Macronutrients is essential in our diet because each macro plays vital parts in the human diet especially for muscle building and weight loss.

Switching to a whole food, Plant-based Vegan Diet was the best choice I made and I hope recipes found in his book will help you perform better, recover faster, feel great!

INTRODUCTION

The meat and dairy industries have marketed their products to convince most of the country that there's no way to get the protein, calcium, and nutrition you need without the animal products they sell. Don't fall for their marketing tactics.

A Plant-based diet is rapidly becoming the fastest growing trends in fitness. So when people say you need to eat to have meat, dairy and other animal products to build muscle, gain strength or compete in a bodybuilding contest, they are so wrong!

It's only when we make up our own minds to do our own research about the real truth, only then can we be free from the norm and that's what I did as well as thousands of other vegan athletes around the world and so can you.

When I first turned vegan I was concerned about reaching my protein intake goals. After a ton of research I realised these two things are now way contradictory: with the right knowledge and vegan diet can provide all your nutritional requirements.

Plant products, such as soy beans and quinoa, are complete proteins, which means that they contain all nine essential amino acids that humans need. In this book contains a collection 100+ mouth-watering high protein plantbased recipes that you can eat every day. And it doesn't matter if you are a novice in the kitchen or a pro, these recipes can be prepared and cooked in just minutes.

I'm sure it will open your eyes to the world of plant-based nutrition and get those gains the cruelty-free way!

No more concerns about protein deficiencies, these recipes will provide you with the exact the right amount of protein you need to reach your fitness goals.

I am sure it will open your eyes to the world of plant-based nutrition and make you realize that you can easily build the body you always wanted. After trying out the recipes in this book, it will change your perception on protein intake, as all the specific requirements are laid out for you so that you can effectively achieve the body you always dreamt about.

Enjoy!

MAKING THE SWITCH TO A PLANT BASED DIET

Really, It's not as hard as you think it's going to be. Just like anything new, it takes time to adapt and to become become a habit. and eventually a lifestyle.

One of my biggest concerns when I made the transition was where the hell was I going to get my protein from? Discovering this did not happen over night. Just like any change to a diet, it takes time to find out what works and what doesn't. Thankfully the simple plant-based foods and recipes found in this book will make the entire process so much easier for you.

But let's face it, making the switch to a 'non-vegetarian' diet, can be overwhelming. A lot of people make the assumption that vegan diets are restrictive.

That's not the case. Nowadays there are plenty of alternatives to pretty much everything you'd enjoy as an omnivore (there's even plant based bacon!), so there is no excuse to continue harming

innocent animals just to put food on our plates.

Some will say, "we are only human", "we crave", and we give in. I get that, I've been there, too. So I've written below some tips on how to get past this.

Don't Expect Perfection

Like I said earlier, it's a change in lifestyle. It doesn't happen overnight and takes time to get used to it.

Also keep in mind that apart from your mindset, your body will have to adapt to it, too. When you do switch to a plant-based vegan diet, there will be times when you yield to a craving. And that's alright. Focus on the times that you didn't.

A few steps forward for everytime you take a step back, and in time you'll find yourself on the way to a 100% whole, food plant-based diet, and the fitness goals you're chasing.

VEGAN NUTRITION

When you make the switch to vegan you exclude all animal products—such as meat, fish, dairy, eggs and honey—and animal-derived ingredients such as gelatin. (Many vegans also avoid wearing or using animal products, such as leather, fur, wool and silk, and using cosmetics or household products containing animal ingredients.) You may hear criticism that vegan eating does not give the body all that it needs to be healthy, but this is not the case: both the American Dietetic Association and Dietitians of Canada have stated that a well-planned vegan diet is healthful and provides the required nutrients for people at all stages of life.

Vegan and vegetarian diets tend to be higher in fiber, magnesium, potassium, folate and antioxidants, and lower in saturated fat and cholesterol, than diets including meat. As a result, vegans tend to have lower cholesterol and blood pressure, as well as lower rates of heart disease and certain cancers. Eating vegan may also be beneficial for losing weight, or maintaining a healthy weight, without having to “diet.” Of course, eliminating animal-based products isn’t an automatic key to better health, but a diet based on vegetables, fruits, nuts, seeds, legumes and whole grains—with the occasional indulgence now and then—is highly nutritious.

There are, however, a few nutrients that are more challenging to obtain in a diet without animal products, and it’s important to ensure you have a source for them. In their excellent book *Becoming Vegan* (Book Publishing Company, 2000), Brenda Davis and Vesanto Melina offer a wealth of information and advice on nutritional and dietary considerations for vegans.

Vitamin B12 is the most crucial nutrient that may be difficult to obtain in a completely vegan diet; it is essential for proper functioning of the brain and nervous system, and is found mostly in animal products (plant-based sources are unreliable). Nutritional yeast is a good vegan source of B12, and some commercial meat

substitutes and nondairy milks are fortified with the vitamin also—check the labels on individual products. Many vegans choose to take a B12 supplement, to be sure of getting a regular dose of the vitamin.

A common misconception is that there is a lack of protein in a vegan diet. Actually, it is not difficult to obtain enough protein through vegan foods, so long as you consume a variety of legumes and/or soy foods, nuts, seeds and whole grains on a regular basis. You don’t need to worry about “combining” different plant proteins in a single meal; just ensure that you’re eating a good variety of these foods as part of your everyday diet.

Vegans also need to be careful to consume foods high in iron, as plant foods do not contain as much absorbable iron as meat or eggs. Good sources of iron include soy and other legumes, greens such as broccoli and spinach, dried fruits, whole grains, nuts, seeds and fortified meat substitutes. Iron from plant sources is less easily absorbed, so to maximize absorption, eat something high in vitamin C at the same time—for example, orange juice or berries with a breakfast cereal of whole grains, dried fruits and nuts, or a salad with beans, greens and tomatoes.

Calcium, a crucial mineral for bone health, is another nutrient vegans should be conscious of eating regularly. Though milk products are traditionally recommended as sources of calcium, there are also excellent nondairy sources of calcium, including leafy green vegetables, almonds, tahini and fortified nondairy milks. While planning a nutritionally balanced vegan diet may seem a daunting prospect at first, you can find a wealth of information—in books, in natural food stores and online—to guide you on a healthier and ethical lifestyle.

HEALTH BENEFITS OF ELIMINATING ANIMAL PRODUCTS

If you're like me and you've watched quite a few food and animal agriculture documentaries, then you will know about some of the health benefits of switching to a meat-free diet, but for some reason you don't feel ready. Well, here are some facts that will give you the extra push to make the transition.



1. INCREASED WEIGHT LOSS

By slightly reducing your intake of animal-based products, especially modest reduction of red processed meat, can lower the risk of obesity. Yes, there are vegan food sources that are high in fat too. However, there are many different reasons why thousands of people are making the switch to a whole food, plant based diet in an attempt to get rid of unwanted body fat. A rich fiber diet is a lot more filling because you're less likely to eat more calories than your body needs.



2. INCREASED ENERGY

Those who follow a plant-based diet are likely to have higher energy levels than one who doesn't. Feeling lethargic? This probably has a fair amount to do with your diet. Eliminating meat means finding replacements that offer more nutrients. By eating grains, beans, lentils, nuts and a wide variety of fruits and leafy greens are all proven to increase energy levels.



3. LIVE LONGER

If you're starting to feel your mortality, then now is the time to make that change so that you can then it's time to make a change that will help you live longer (and healthier). There are plenty of studies that prove that people eat a whole, food plant based diet live 4-7 years longer than others. Particularly those who limit their intake of tobacco and alcohol.



4. FULLER, HARDER MUSCLES

Let's talk about glycogen. For those of you who don't already know, glycogen is a form of glucose that the body warehouses for future use. It is stored mainly in the liver and the muscles. When energy is needed, glycogen is quickly mobilized to deliver the fuel that the body needs. A well balanced plant based diet has multiple sources of complex and simple carbohydrates, from which the body prepares glucose. The extra glycogen in the sarcoplasm of the muscle fibers gives the muscles a fuller, rounder look.



5. IMPROVED SKIN

A vegan diet allows for improved function of insulin and glucagon production, which control your sugar metabolism, a suspected cause of acne. (Insulin imbalance affects your skin's sebaceous glands, which can lead to clogged pores, causing acne). The antioxidants present in all the fruits and vegetables you'll be eating will help prevent the formation of acne as well. People who switched to a plant based diet



6. REDUCED INFLAMMATION

When you eat meat and highly processed foods it causes a spike in inflammation in your body. As a response to animal fat, our arteries are paralysed and their ability to open is cut in half, and our lungs also become inflamed. Long term effects of continuing to eat highly processed meat can cause heart disease, diabetes and other life threatening illnesses. A plant-based diet is packed with phytochemicals (plant-based compounds) that include antioxidants, flavonoids and carotenoids, that help reduce inflammation. and protect the tissues from oxidation, which can damage



7. BETTER DIGESTION

Have you ever been told to avoid eating meat late at night? High-protein foods require extra time and energy from the body to properly digest and break down. A plant-based diet however, is not as calorically rich (and that's not a bad thing) and is rich in fibre and healthy fats. A fiber-rich diet helps reduce the symptoms of constipation and diarrhea. A plant-based diet will also cut out most processed foods. And you're much less likely to affect



8. FIGHT OFF DISEASE

When done right the diet is naturally low in fat and cholesterol, and has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes and cancers). This must be

VEGAN PANTRY

Preparing the Plant-Based Recipes from this book can be quite challenging if you don't have the proper kitchen supplies at your disposal. So what kitchen tools do you need to prepare all these delicious plant-based recipes? I've answered this question by highlighting the most essential kitchen supplies to help you prepare healthy meals within minutes. By using these tools, I'm confident you will become a pro chef in no time!

Keep A Well Stock Kitchen



1. KITCHEN UTILITIES

Get yourself a good set of pots, non-stick frying pans, measuring cups and spoons, food scale, a good set of kitchen knives, blender, kitchen grill (such as the George Foreman grill), electric kettle, good spatulas and other cooking utensils like tongs, ladel spoons, etc. These are the basic tools that you'll need to prepare your meals.



2. FOOD STORAGE CONTAINERS

For packing and storing your food you will also need to get some plastic food storage containers. Get a half dozen smaller sized containers for packing individual meals. And also get a few bigger containers that you can use for storing left overs in the refrigerator. Make sure to get good containers with tight fitting lids so they will not pop open easily.



3. FOOD SCALES

Having a food scale is very important because when you calculate your calories, you need to know the portions of the food items you eat and so measuring them with a food scale will be the most adequate way to know exactly how much you eat. After a while, you will learn to measure the food just by looking at it. This is a skill that you develop overtime, I promise ;) You can pick up all of these kitchen supplies at your local Argos (if you live in the UK or Walmart if you live in the states). You can also purchase these items online. Amazon is one of the most popular sites for most people to purchase products.



4. PROTEIN SHAKE

Get a couple of shaker bottles for mixing up protein drinks

A SCIENTIFICALLY PROVEN, PLANT-BASED DIET THAT'S 100% GUARANTEED TO BUILD MUSCLE, MELT AWAY UNWANTED FAT AND TRANSFORM YOUR LIFE!



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5. INSULATED LUNCH BAGS

Also get an insulated lunch bag or small hand held cooler for taking your food with you to work. You can pick up all of these kitchen supplies at your local Argos (if you live in the UK or Walmart if you live in the states) Amazon sell a lot more on their website and deliver within 2-3 days.

VEGAN DAIRY



1. VEGAN MILKS

Commercial nondairy milks come in many flavors and varieties, including soymilk, rice milk, oat milk, coconut milk and nut milk. Different brands vary in thickness, sweetness and taste, so sample a variety to find your preference. Or try making your own.



2. MARGARINE

Not all brands of margarine are vegan—some contain dairy products—so be sure to read the ingredients. Earth Balance brand is vegan, non-hydrogenated and all natural, and also comes in a soy-free version. Some types of margarine are not suitable for baking, so check the label.



3. CREAM CHEESE

Tofutti and Galaxy brands make vegan cream cheese, available in tubs in the refrigerator section of natural food stores and some supermarkets. It comes in several flavors (plain, French onion, garlic and herb, etc.) and can be used as a spread or in cooking and baking.



4. CREAM

MimicCreme, a dairy- and soy-free cream substitute made from nuts, is available in some natural food stores, and comes in sweetened and unsweetened versions. You can also make an easy cashew cream that substitutes well for cream in any recipe.



5. YOGURT

Yogurt made from cultured soy, coconut or almond milk is available in dairy sections in a variety of flavors. Use plain soy yogurt for the most neutral flavor in recipes.

GRAINS



1. GRAINS

Cooking with whole grains contain much more fiber and minerals than refined versions. Among the ones to have on hand are brown rice (short-grain, long-grain and basmati), wild rice, quinoa, barley, millet and rolled oats. In some dishes, where the texture of white rice is preferable, I recommend using short-grain or long-grain white rice, or arborio rice. These grains are all available in packages or bulk bins



2. FLOURS

Try to use whole wheat flour wherever possible, though where a recipe needs a more refined texture, unbleached all-purpose flour is best. Flours made from brown rice and spelt (a variety of wheat that is often well tolerated by people with wheat allergies) are also good to have on hand. Chickpea flour (sometimes called gram flour), made from ground chickpeas, makes a good binder in burger and sausage recipes. Soy flour, also found in natural food stores, adds protein and moistness to eggless baked goods. Self-rising flour is cake or pastry flour that



3. BEANS

Dried beans are inexpensive and easy to prepare, as long as you plan ahead. Some of my favorite varieties are red and brown lentils (which need no presoaking), split peas, pinto beans and fava beans. Most of my recipes use canned beans: red kidney beans, cannellini (white kidney) beans, chickpeas, lentils and vegan baked beans (check the ingredients, as some canned baked beans include pork). Drain and rinse canned beans before using to reduce the sodium content.



4. PASTA

Pay attention to the kind of dried pastas you use, as some ingredients contain eggs but many varieties are vegan—read the ingredients. I like to use whole wheat pasta wherever possible, but there are many other kinds available; if you're gluten-intolerant, try quinoa or brown rice noodles. Fresh pasta almost always contains eggs, but it is possible to find vegan ravioli or other shapes from specialty pasta makers.

TOFU & MEAT SUBSTITUTES

There are lots of available meat substitutes on the market, but remember not all of them are vegan, as some contain egg whites or dairy products. Popular favourites come from the Linda McCartney range, but I would also recommend Gardein, Yves Veggie, Lightlife and Smart



1. TOFU

Tofu is a versatile food that can be used for many different dishes, including scrambled tofu, stir-fries, cheesecake and more. The kind I use most often is firm silken tofu, which blends smoothly for sauces and desserts. Look for Mori-Nu (which comes in Tetra Paks and does not require refrigeration) or Nasoya brands in natural food stores and some supermarkets. You can substitute firm regular tofu in recipes where it is not blended.



2. VEGAN GROUND MEAT SUBSTITUTES

You can find vegan ground meat substitutes, usually made from soy, in the refrigerator section of most grocery stores. They work well in place of ground beef in many recipes, such as shepherd's pie and Bolognese sauce. You can also substitute crumbled or chopped veggie burgers, or chopped pecans.



3. VEGAN BURGERS

There are many varieties of premade vegan burgers, which can usually be found refrigerated or frozen. Some are more “meatlike,” while others contain a mixture of grains, nuts or vegetables. Again, many varieties of vegetarian burgers contain eggs or dairy, so read the labels.



4. VEGAN BEEF STRIPS

You can find these in the refrigerator or freezer section of natural food stores and regular grocery stores. They are useful in stews—Gardein and Yves Veggie brands are the best known. If you're avoiding soy, you can substitute seitan (wheat gluten) strips.



5. FLAXSEED OILS

Flaxseed oil is high in omega-3 fatty acids and makes a great addition to salad dressings and dips. It should not be heated or used for frying, as this alters its chemical composition or bulk bins in natural food stores and supermarkets.

HERBS & SPICES

- ❖ ☐ sea salt or Himalayan salt
- ❖ ☐ coriander (seeds and ground)
- ❖ ☐ fresh cilantro
- ❖ ☐ cardamom (seeds and ground)
- ❖ ☐ cumin (seeds and ground)
- ❖ ☐ fennel seeds
- ❖ ☐ turmeric
- ❖ ☐ curry powder (regular, hot and mild)
- ❖ ☐ garam masala
- ❖ ☐ parsley (fresh and dried)
- ❖ ☐ basil (fresh and dried)
- ❖ ☐ dried oregano
- ❖ ☐ dried thyme
- ❖ ☐ ground cinnamon
- ❖ ☐ ground nutmeg
- ❖ ☐ ground allspice
- ❖ ☐ pumpkin pie spice
- ❖ ☐ ground sumac
- ❖ ☐ whole peppercorns
- ❖ ☐ Chinese five-spice powder
- ❖ ☐ asafoetida powder (available in Indian grocery stores)
- ❖ ☐ paprika (regular, smoked and sweet)
- ❖ ☐ parsley (fresh and dried)
- ❖ ☐ basil (fresh and dried)
- ❖ ☐ dried oregano
- ❖ ☐ dried thyme
- ❖ ☐ ground cinnamon
- ❖ ☐ ground nutmeg
- ❖ ☐ ground allspice
- ❖ ☐ pumpkin pie spice
- ❖ ☐ onion powder
- ❖ ☐ garlic granules and powder
- ❖ ☐ lemongrass
- ❖ ☐ fresh ginger
- ❖ ☐ ground sumac (available in Middle Eastern grocery stores)
- ❖ ☐ whole peppercorns
- ❖ ☐ chinese five-spice powder
- ❖ ☐ asafoetida powder (available in Indian grocery stores)
- ❖ ☐ onion powder
- ❖ ☐ garlic granules and powder
- ❖ ☐ lemongrass
- ❖ ☐ fresh ginger
- ❖ ☐ crushed red chili pepper flakes
- ❖ ☐ chili powder
- ❖ ☐ fresh chilies

BINDERS



1. FLAXSEED

Flaxseed is very high in fiber and omega-3 fatty acids. Ground flaxseed is preferable, as whole flaxseeds tend to pass through the body undigested; you can purchase it ground, or grind whole flaxseeds yourself in a coffee grinder or food processor. Flaxseed can be used as a binder to replace eggs in baking: to replace 1 egg, mix 1 Tbsp (15 mL) ground flaxseed with 3 Tbsp (45 mL) water.



2. EGG REPLACER POWDER

A combination of starches that mimics the leavening and binding properties of eggs in baking. Orgran and Ener-G brands can be found in natural food stores.

SWEETNERS



1. SUGAR

Some brands of refined white sugar and icing sugar sold in North America are not vegan, as cane sugars are often processed using animal bone char (some are not, but it's impossible to tell without contacting the manufacturer). Brown sugar—which is really refined white sugar with added molasses—may also be processed in this way. Stevia and xylitol are good natural sugar substitutes.



2. AGAVE & MAPLE SYRUP

Agave and maple syrup are the liquid sweeteners I use most often. Agave syrup, or nectar, is a low-glycemic natural sweetener extracted from the agave plant, ideal as an all-purpose sweetener and for sweetening drinks, as it dissolves well. Maple syrup, from the sap of the maple tree, is another natural vegan sweetener prized for its unique flavor. They can often be used interchangeably, or in place of honey. You can also substitute brown rice syrup, barley malt syrup or date syrup, all available from natural food stores.

FLAVOURINGS



1. NUTRITIONAL YEAST

Nutritional yeast is high in vitamin B12, usually found in animal products, making it an important source for vegans of this essential nutrient. The yeast is deactivated, so it's not suitable for baking. The bright yellow flakes have a nutty, cheesy flavor, which makes them an excellent addition to vegan cheese sauces, pastas, scrambled tofu and more. You can find nutritional yeast in bulk in natural food stores.



2. VINEGAR

Vinegar adds tanginess and depth of flavor to food. For salad dressings and seasoning, I use balsamic vinegar or apple cider vinegar. Rice vinegar is good for Asian dishes.



3. VEGETABLE STOCK

Vegetable stock can be purchased as granules, powder or cubes, and adds flavor to soups and sauces. I prefer granules, as they distribute better, but powder or cubes can be substituted. Better Than Bouillon brand produces a vegetarian chicken-flavored stock, useful for “chicken” noodle soup.



4. CURRY PASTE

For Indian-style curries, I often use tikka or tandoori curry pastes, which are combinations of various Indian spices with oil and other ingredients. Patak's brand is available in Asian stores and in the ethnic food aisles of most supermarkets.

FLAVOURINGS



1. TAHINI

Tahini, a paste made from ground sesame seeds, is high in protein and calcium and adds creaminess to dips, dressings and other dishes. You can find it in most grocery stores.



2. YEAST EXTRACT

Marmite and Vegemite are the best-known brands of yeast extract, a salty, slightly bitter black paste that comes in jars and tubes. Some people like it spread on toast, and a little bit adds saltiness and depth of flavor to savory dishes. You'll find it in natural food stores and in some supermarkets.



3. SWEET CHILLI SAUCE

Sweet chili sauce is made from chilies and a sweetener. It's a popular condiment in Asian cooking and can be found in Asian grocery stores, and in the ethnic food aisle of supermarkets.



4. WORCESTERSHINE SAUCE

Worcestershire sauce often contains anchovies, so look for vegetarian varieties in natural food stores.



5. ROSEWATER, ROSE ESSENCE, ROSE SYRUP & ROSE PETALS

These add a lovely floral flavor to desserts and savory dishes. You can find rosewater and rose essence (also called rose extract) in natural food stores or natural pharmacies; the essence is much more concentrated. Rose syrup, which is sweetened, is usually available in Indian, Middle Eastern, and Asian grocery stores and in some supermarkets.

WHERE TO BUY VEGAN INGREDIENTS?

Depending on where you live, some vegan ingredients can be difficult to find in grocery stores. Here are some online retailers that can help you stock your pantry with vegan essentials and hard-to-find ingredients, including baking supplies, dairy, meat and egg substitutes, and more.

- ❖ □ Karmavore: www.karmavore.ca—ships worldwide
- ❖ □ Vegan Essentials: www.veganessentials.com—ships worldwide
- ❖ □ The Vegan Store: www.veganstore.com—ships within the U.S. and Canada
- ❖ □ Viva Vegan Store: www.vivavegan.ca—ships to Canada and the continental U.S.
- ❖ □ Whole Foods Market: www.wholefoodsmarket.com—online shopping available in some areas; check site for details

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3 COMMON VEGAN PROTEIN MYTHS

A lot of people are under the false notion that veganism is something that has just come into existence. What is true, however, is the fact that a lot of modern day research and studies has led to a sudden increase in the number of people deciding to follow it. And with that, there has also been a rise in the number of myths around the lifestyle.

MYTH #1: - YOU CAN'T GET ENOUGH PROTEIN FROM A PLANT-BASED DIET

“You’re a vegan? Where do you get your protein from?”. Get ready to be asked that a lot! The single biggest myth there is about veganism; a lot of people are under the assumption that plant-based foods aren’t rich in protein. 20 to 40 percentage of the calories in beans, broccoli, and spinach come from protein, rivaling the percentages of calories from protein in most types of meat.

MYTH #2 - IF YOU EAT DAIRY, YOU WON'T GET ENOUGH CALCIUM

It might surprise you that, dairy is not the only source of calcium there is. Yes, you don’t need to eat or drink dairy products to get the recommended amount of calcium.

Good sources of calcium for vegans include: fortified soya milk and juice, soybeans, soynuts, broccoli, collards, kale, mustard greens, and calcium-set tofu and okra.

MYTH#3: ANIMAL PROTEINS IS THE ONLY PROTEIN YOU NEED TO BUILD MUSCLE

When protein is eaten it is broken down into amino acids. Proteins and amino acids are used for almost every metabolic process in the body. And as long as you’re getting the right amount of protein and amino acids, it doesn’t really matter what your protein sources are.

From track and field athletes to bodybuilders, anyone can build incredible muscle strength and bulk with plant-based proteins.

THE FOLLOWING VEGAN ATHLETES WHO ARE THRIVING ON A PLANT-BASED DIET

1. PATRICK BOBOUMIAN

Strongman Patrik Baboumian is a German who has switched to a vegan diet in 2011, after been previously vegetarian. Even though he has won several strongman world records as a vegetarian, In September 2015 he beat his own world record by completing the yoke walk with 560 kg in Kitzchen, Germany. In terms of becoming a Vegan, Patrick explains, “I got heavier, I got stronger, I won the European championship title in powerlifting, I broke three world records so everything was going perfect ... my blood pressure went down, and my recovery time was so much faster so I could train more.”



FOLLOW PATRICK ON INSTAGRAM

[@patrikbaboumian](https://www.instagram.com/patrikbaboumian)

2. TORRE WASHINGTON

Torre has been a vegan for over 2 decades now. When he was asked in an interview, he said, “if there’s a disadvantage between vegans and meat-eaters, there’s no difference since muscle is built based upon your training regimen. “If anything, I am at an advantage being vegan, since plants expedite the recovery and recuperation,”.



FOLLOW TORRE ON INSTAGRAM

[@torre.washington](https://www.instagram.com/torre.washington)

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3. JEHINA MALIK

Jehina lives and breaths bodybuilding from the time she was a kid. She has also been the longest running IFBB Pro Vegan athlete. Now Jehina is giving back to the community to help other people achieve the body of their dreams. - Jehina is definitely one to watch.



FOLLOW JEHINA ON INSTAGRAM
[@ifbbjehinamalik1](https://www.instagram.com/ifbbjehinamalik1)

4. ERIN FERGUS

Erin was named Women's Physique Pro by the Organization of Competitive Bodybuilders. She couldn't contain her enthusiasm on Facebook, exclaiming, "A vegan pro, how about that?! I MADE HISTORY AGAIN FOR THE ANIMALS!"



FOLLOW ERIN ON INSTAGRAM
[@veganfergiefitness](https://www.instagram.com/veganfergiefitness)

4. JULIA HUBBARD

Julia has been a prolific competitor in a variety of sports, competing internationally in bobsleigh, bodybuilding, fitness and sprinting. Julia moved from being a long term vegetarian to a full vegan diet in July 2015 aged 39.

Julia says, “I went as part of a school debate team to the ‘Green Show’ when I was 15 and was first exposed to the animal cruelty in animal farming, so I decided to go vegetarian” she explained to Great Vegan Athletes in 2017. “I had thought about going vegan many times but always thought it would be too difficult as an athlete and with travelling a lot. The turning point was my health. I started having digestion issues and for a year the doctors just treated the symptoms and labelled it as IBS and I was getting no better”.



FOLLOW JULIA ON INSTAGRAM
[@jules_pro_figure](https://www.instagram.com/jules_pro_figure)



HERE'S JUST A FEW MORE VEGAN ATHLETES TO FOLLOW ON INSTAGRAM

@lamavegan monk
@conscious_muscle
@GregMoormann
@rafaelpinto10
@Max_veganfit
@Justinkfitness

@Jonvenus
@Maxveganmuscle
@VeganMuscleandFitness
@korinsutton
@domzthomas

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BANANA PANCAKES

Recipe
2



INGREDIENTS:

- ❖ □ 1 Cup of Gluten Free Oatmeal
- ❖ □ 1/4 Cup of Almond Milk
- ❖ □ 1 Banana
- ❖ □ 1 Tbsp of Coconut Oil
- ❖ □ 2 tsp of Baking Powder
- ❖ □ 1/2 tsp of Cinnamon

DIRECTIONS:

1. In a bowl combine all of the ingredients except for the coconut oil. Use a hand blender or a fork to mix everything together. Aim for a consistency similar to pancake batter.
2. Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes.
3. Place the cover on and cook for a couple minutes on each side.
4. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut
5. flakes and chopped nuts.

TOTAL CALORIES: 378

Fat: 24 g

Carbs: 30 g

Protein: 14 g

PEANUT BUTTER & APPLE QUINOA BOWL

Recipe
3

SERVES 1 - PREP TIME: 15 MINS - READY IN 10 MINS



INGREDIENTS:

- ❖ □ 1 Cup of uncooked quinoa
- ❖ □ 1/4 Cup unsweetened soy milk
- ❖ □ 1/2 Tbsp of cinnamon
- ❖ □ 1/2 Tbsp of chia seeds
- ❖ □ 2 Tbsp of organic peanut butter
- ❖ □ 1/2 cup of unsweetened almond milk
- ❖ □ 1/2 Cup of raw almond milk
- ❖ □ 5 Drops of liquid stevia

DIRECTIONS:

1. In a saucepan bring to the boil, soy milk,
2. quinoa and cinnamon.
3. Reduce heat and simmer for 10 minutes.
4. Remove from heat and stir in chia seeds.
5. Cover the saucepan with a lid and place aside for 10 minutes.
6. In the meantime, microwave peanut butter and almond milk for 15 seconds on high.
7. Remove and stir until runny.
8. Stir in coco powder and stevia.
9. To serve fluff the quinoa with a fork and
10. place into a bowl.
11. Top with slice apple.

TOTAL CALORIES: 718

Protein: 30g

Carbs: 90g

Fats: 30g

QUINOA SUPERFOOD BREAKFAST BOWL

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS



DIRECTIONS:

1. Combine quinoa and water in a small pot and bring to a boil.
2. Once boiling, cover pot with a lid and reduce heat to low.
3. Cook for around 15 minutes or until quinoa is cooked through. I cook extra and just store in the fridge.
4. Slice banana. Mix all ingredients together into a bowl and enjoy!
5. Serve warm or cold, so you can always cook the quinoa the night before if you'd prefer.
6. Serve warm or cold, which ever you prefer. I like both.

INGREDIENTS:

- ❖ ½ Cup plain cooked quinoa (or use mixed color if you prefer)
- ❖ 2 Medium whole banana sliced
- ❖ 1/2 Cup of blueberries fresh or frozen
- ❖ 1/2 Cup of Almond Milk (or a plant-based milk of your choice)
- ❖ 2 Tbsp Peanut butter or Almond Butter

TOTAL CALORIES: 791

Protein: 22 g

Carbs: 129 g

Fats: 25 g

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A top-down view of a dark-colored bowl filled with a vibrant salad. The salad consists of fresh green spinach leaves, bright green avocado chunks, golden-brown chickpeas, and cubed pieces of seared tofu. The entire dish is garnished with a generous sprinkling of white sesame seeds. The bowl is set against a dark, textured background, with a few extra spinach leaves and a small sprig of green herbs visible at the bottom left corner.

SALAD RECIPES

LETTUCE CUCUMBER WALNUT SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
18



DIRECTIONS:

1. Add lettuce to a bowl. Peel, slice, and add cucumbers.
2. Add olive oil, season with salt and pepper, and mix.
3. Crush and add walnuts. Serve immediately and enjoy.

INGREDIENTS:

- ❖ □ 7 7/8 cup shredded lettuce
- ❖ □ 3 Medium cucumbers
- ❖ □ 1 1/2 Tbsp of olive oil
- ❖ □ 1 1/2 dash of salt
- ❖ □ 1 1/2 dash of pepper
- ❖ □ 3/8 cup of chopped walnuts

TOTAL CALORIES: 574

Protein: 13 g

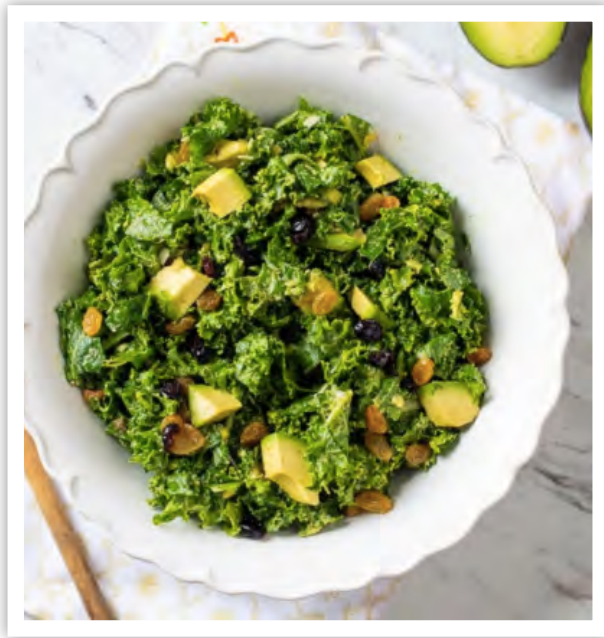
Carbs: 24 g

Fats: 50 g

KALE AVACADO SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 8 MINS

Recipe
19



DIRECTIONS:

1. Chop kale.
2. Mash avocado into kale. This will help to tenderize the kale.
3. Add lemon or lime juice. 2 Tbsp is about the amount from a small/medium lemon.
4. Salt and pepper to taste.
5. Toss once more and serve. Enjoy!

INGREDIENTS:

- ❖ 4 Chopped Kale
- ❖ 2 Avocado without skin and seed
- ❖ 4 Tbsp of lemon juice
- ❖ 4 Dash of pepper
- ❖ 4 Dash of salt

TOTAL CALORIES: 574

Protein: 13 g

Carbs: 24 g

Fats: 50 g

TOFU FETA SALAD

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
20



DIRECTIONS:

1. Slice the tofu into 4 slabs, crosswise. Blot between layers of paper towel or clean tea towels until you get out as much moisture as you can.
2. Cut the slabs into 1/2 inch dice. Place in the serving container in which you plan to serve this, in a single layer.
3. Toss with the lemon juice and oil; sprinkle with the salt and oregano. Let stand for 30 minutes, then use as you wish.

INGREDIENTS:

- ❖ □ 8 ounces extra-firm tofu
- ❖ □ 3 tablespoons lemon juice
- ❖ □ 2 tablespoons extra-virgin olive oil
- ❖ □ 1/4 teaspoon salt
- ❖ □ 1/4 teaspoon oregano

TOTAL CALORIES: 347

Protein: 17 g

Carbs: 20 g

Fats: 26 g

LEAK POTATO SOUP

SERVES 3 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
40



DIRECTIONS:

1. Cut the leek in half lengthways and wash well to remove any dirt, cut into tiny slices (approx 1cm). Place all the ingredients in a large saucepan.
2. Bring to a boil, reduce heat and simmer gently for approx 20 mins, stirring occasionally.
3. Season with salt and pepper to taste and blend until smooth, either in a blender, or in the pan with a hand held stick blender. If you want a slightly thinner soup you can add a little more water at this stage.

INGREDIENTS:

- ❖ □ 6 Tbsp of Hummus
- ❖ □ 3/4 Leaks
- ❖ □ 3 3/8 Cup of Vegetable Broth 3/8 Cup of Lentils
- ❖ □ 3/4 Large Patato
- ❖ □ 3/4 Dash of Salt
- ❖ □ 3/4 Dash of Pepper

TOTAL CALORIES: 569

Protein: 31 g

Carbs: 110 g

Fats: 2 g

POTATO & ARUGULA SOUP

SERVES 4 - PREP TIME: 10 MINS - READY IN 15 MINS

Recipe
41



INGREDIENTS:

- ❖ □ 4 small potatoes
- ❖ □ 1 Tbsp of olive oil
- ❖ □ 1 Small onion
- ❖ □ 3 Garlic cloves
- ❖ □ 3 Cups of Arugula
- ❖ □ 3 Cups of Vegetable Broth
- ❖ □ 1 Dash of pepper
- ❖ □ 1 Dash of salt

DIRECTIONS:

1. Cube potatoes, mince garlic, chop onion.
2. Put the potatoes in a medium saucepan and cover with cold water by 2 inches. Salt the water generously. Bring to a boil over medium heat and cook the potatoes until tender, about 10-12 minutes. Drain water, peel potatoes and leave it aside.
3. Heat oil in the same saucepan and saute onion and garlic for a few minutes until its slightly brown. Add potatoes to the saucepan and cook for 3-5 minutes then add 2/3 of the broth.
4. Once it starts simmering, add arugula to the pot and cook until it is slightly wilted. Season it with salt and pepper. Remove from heat and let it cool for a little bit.
5. Use a immersion blender to puree potatoes and arugulas together until it is smooth. Add more broth as needed to loosen up the consistency per your liking.
6. Adjust seasoning. Serve and enjoy!

TOTAL CALORIES: 745

Protein: 17 g

Carbs: 137 g

Fats: 15 g

TOMATO SOUP

SERVES 1 - PREP TIME: 5 MINS - READY IN 15 MINS

Recipe
42



DIRECTIONS:

1. Lightly sautee the garlic and capers in oil in a saucepan, seasoning with salt and pepper.
2. Add the tomatoes, stir.
3. Using a hand blender, puree ingredients together carefully.
4. Add the soy milk, and simmer, blending more until desired smoothness.

INGREDIENTS:

- ❖ □ 2 Cups of tomato (canned)
- ❖ □ 3/4 Cup of soy milk
- ❖ □ 1 Tbsp of olive oil
- ❖ □ 2 Garlic cloves (minced)
- ❖ □ 1 Tbsp of drained capers

TOTAL CALORIES: 362

Protein: 13 g

Carbs: 46 g

Fats: 18 g

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ROASTED CHICKPEA WRAP

SERVES 2 - PREP TIME: 10 MINS - READY IN 20 MINS

Recipe
46



DIRECTIONS:

1. Chop lettuce leaves, slice tomatoes and red onions. Set aside.
2. Drain and rinse chickpeas. Pat chickpeas dry with paper towel, removing any skins that may come off.
3. Top with the second slice of toasted bread. Cut the sandwich in half if you want, to make it easier to eat.
4. Enjoy!
5. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.
6. Spread chickpeas onto a greased rimmed
7. baking sheet and roast at 400 degrees F (200 C) for about 20 minutes, until lightly browned but not hard.
8. Spread some tzatziki onto one side of a pita, then sprinkle in $\frac{1}{4}$ of the chickpeas and add veggies. Fold in half and enjoy!

INGREDIENTS:

- ❖ □ 7 1/2 oz of Chickpeas
- ❖ □ 1/2 tbsp of Olive Oil
- ❖ □ 1/2 tbsp of paprika
- ❖ □ 1/2 tbsp of pepper
- ❖ □ 1/4 tbsp of cayenne pepper
- ❖ □ 1/8 tbsp of salt
- ❖ □ 2 large pita bread
- ❖ □ 4 tbsp of tzatziki
- ❖ □ 1/8 medium onion
- ❖ □ 1 leaf of lettuce
- ❖ □ 1/2 medium tomato

TOTAL CALORIES: 682

Protein: 27 g

Carbs: 110 g

Fats: 19 g

WHOLE TOMATO & AVACADO SANDWICH

SERVES 1 - PREP TIME: 10 MINS - READY IN 10 MINS

Recipe
47



INGREDIENTS:

- ❖ ☐ Toasted whole grain bread
- ❖ ☐ Sliced avocado (see How to Cut and Peel an
- ❖ Avocado)
- ❖ ☐ Lettuce (Boston Bibb or butter lettuce work well)
- ❖ ☐ Sliced fresh tomato
- ❖ ☐ Kosher salt
- ❖ ☐ Vegenaise

DIRECTIONS:

1. For each sandwich, toast two slices of whole grain bread. While the bread is toasting, slice your tomato and avocado.
2. Spread as much (or little) mayonnaise as you like on one side of each slice of toasted bread. Add a layer of sliced avocado and sprinkle a little kosher salt over it. Add a layer of lettuce and a layer of sliced tomatoes. Sprinkle a little salt over the tomatoes too.
3. Top with the second slice of toasted bread. Cut the sandwich in half if you want, to make it easier to eat.
4. Enjoy!

TOTAL CALORIES: 440

Protein: 14 g

Carbs: 61 g

Fats: 16 g

A close-up photograph of a woman's face, smiling broadly, holding a glass of pink smoothie with a green straw. The text "SMOOTHIE RECIPES" is overlaid in the center. The woman is wearing a dark top with white polka dots and has a tattoo on her left arm. She is also wearing a blue and white ring on her left hand.

SMOOTHIE RECIPES

CHOCOLATE PEANUT BUTTER GREEN SMOOTHIE

Recipe
89

SERVES 4 - PREP TIME: 5 MINS - READY IN 10 MINS



DIRECTIONS:

1. Put ingredients in the order listed in the container of your Vitamix or other high-powered blender.
2. Select “smoothie” setting and let it blend.
3. If your Vitamix doesn’t have a smoothie setting, start by blending on low speed gradually increasing to high.
4. Blend for 50-60 seconds or until mixture is smooth and all components are blended together.
5. Serve immediately!

INGREDIENTS:

- ❖ □ 1 ½ cups unsweetened vanilla almond milk
- ❖ □ ½ - 1 TBS unsweetened cocoa powder
- ❖ □ 3 Dates pitted
- ❖ □ 1 TBS creamy peanut butter
- ❖ □ 1 banana frozen
- ❖ □ 2 TBS old fashioned oats
- ❖ □ 2 cups spinach frozen
- ❖ □ 2 cups kale frozen

TOTAL CALORIES: 297.6

Protein: 20 g

Carbs: 51 g

Fats: 14 g

BANANA OATMEAL SMOOTHIE

SERVES 3 - PREP TIME: 5 MINS - READY IN 5 MINS

Recipe
90



DIRECTIONS:

1. Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

INGREDIENTS:

- ❖ □ 1 Medium Banana
- ❖ □ 2 Cups of Almond Milk
- ❖ □ 1/2 Cup of Oatmeal
- ❖ □ 2 Tbsp of Peanut Butter
- ❖ □ 1 Peach (sliced)
- ❖ □ 2 Scoops of Rice Protein

TOTAL CALORIES: 787

Protein: 64 g

Carbs: 87 g

Fats: 22 g

TROPICAL PROTEIN SMOOTHIE

SERVES 1 - PREP TIME: 2 MINS - READY IN 2 MINS

Recipe
91



DIRECTIONS:

1. Use unflavored protein powder, add 6 ice cubes, blend for 30 seconds.

INGREDIENTS:

- ❖ 1 1/2 Cup of Orange Juice
- ❖ 1 Medium banana
- ❖ 1/2 Cup of Strawberries
- ❖ 6 Ice Cubes
- ❖ 2 Scoops of Rice Protein

TOTAL CALORIES: 545

Protein: 52 g

Carbs: 82 g

Fats: 1 g

GREEN MONSTER SMOOTHIE

SERVES 1 - PREP TIME: 2 MINS - READY IN 2 MINS

Recipe
92



INGREDIENTS:

- ❖ □ 1 1/2 Cup of Orange Juice
- ❖ □ 1 Medium banana
- ❖ □ 1/2 Cup of Strawberries
- ❖ □ 6 Ice Cubes
- ❖ □ 2 Scoops of Rice Protein

DIRECTIONS:

1. 1. In a blender, combine all ingredients and enjoy!
2. For a nut free option, substitute the almond milk with a certified nut free oat milk, rice milk, hemp milk, soy milk, or coconut milk.
3. For a higher protein option: Add a scoop of your favourite vanilla protein powder and/or substitute the almond milk with a high protein non-dairy milk such as soy or hemp milk. This smoothie contains approx. 23g of protein when made with almond milk, substituting it with soy milk will add an additional 6g of protein.

TOTAL CALORIES: 293

Protein: 23 g

Carbs: 45 g

Fats: 4 g

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