

# NOURISHED PARENT DETOX

## VEGETARIAN PROTEINS



By: Sapna Fliedner MSN, FNP, HHC

# BEST VEGETARIAN PROTEINS

1. **PROTEIN POWDERS** – Protein powders are a great option for building lean muscles and keeping up your energy. If you're looking for a grain-free option, some of my favorite plant-based powders are hemp and pea. You can add a protein powder to your smoothie, to a dip or soup, or even a sweet potato as an afternoon pick me up.
2. **SPIRULINA** – Spirulina contains the highest form of protein found anywhere in the world (70%). One ounce contains 16 grams of protein. This superfood is recommended for those seeking to lose weight and who want to maintain great health. I suggest adding a tablespoon to a smoothie each day, and you can even add one to water at night.
3. **BEE POLLEN** - These granules, created by bees from flowering plants, are another nutrient-dense food that has 5 to 7 times more protein than beef. These immune-boosting, little seeds give you the power you need to fight colds and provide you with a great boost of energy.
4. **GOJI BERRIES** - These red berries are not only a source of complete protein with 18 amino acids, and all 8 essential amino acids, but have 500 times more vitamin C per ounce than oranges. You can add these to trail mix, smoothies, soups and salads, or you can eat them alone.
5. **HEMP** - A complete source of protein (36%), hemp is also a rich and balanced source of Omega-3 and Omega-6 fatty acids, including the rare form of GLA (Gamma Linoleic Acid). Just three tablespoons has 10 grams of protein.

6. **CHIA SEEDS** - These contain essential fatty acids and protein, and are a soluble fiber. The protein content is 4 grams per ounce, they taste delicious, plus they can be added to soups, smoothies and salads.
7. **TEMPEH** – Unlike other forms of soy, this fermented form is easy to digest. A half cup has a whopping 15 grams of protein.
8. **KALE AND GREENS** – Greens are loaded with protein, so adding these to your smoothies is essential. Just one cup of kale is 2.9 grams of protein. You can juice kale, make a kale salad or add it to your smoothie.
9. **NON-DAIRY MILK** – You can get a nice amount of protein in hemp milk, almond milk and even coconut milk. On average, one cup holds 5 grams of protein.
10. **COCONUT MILK YOGURT OR COCONUT MILK KEFIR** – This is a great way to load up on a medium chain fatty acid, which most people are deficient in. Plus, you can add a plant-based protein to this drink, and you have a simple drink loaded with calories and protein to keep you satisfied.
11. **SUNBUTTER AND SEEDS** – Sunbutter (sunflower seed butter) is the perfect on-the-go trick for getting protein into your body. Simply top an apple with sunbutter for a healthy dose of protein. Or, add seeds (sunflower, pumpkin, etc.) to any salad, soup or vegetarian meal to boost your protein levels. On average 2 tablespoons equal 5 grams of protein.
12. **NUTRITIONAL YEAST** – This is loaded with B vitamins and amino acids, and 2 tablespoons equals 8 grams of protein.
13. **AVOCADO** – Adding 1 whole avocado to a salad is 2.7 grams of protein. You also get a healthy dose of fat, which will help you lose weight and detox properly.