

10 Ways to Get More Plant-Based Protein in Your Diet

Certain plant foods contain significantly more protein than others so if you're concerned about how eating more a vegetarian diet might lack sufficient protein, here's my recommendations for plant-based sources of protein.

1. **Mix hemp hearts**, which are a complete plant-based protein, into smoothies or toss them on top of salads, soups or wraps.

2. **Love lentils!**

They come in several colors and can be used in salads, soups, or on top of roasted veggies.

3. **Replace your rice with quinoa**, another complete plant-based protein.

4. **Enjoy edamame** in salads, soups, and snacks. Like hemp and quinoa, it's a complete protein and it provides 18-22 grams of protein per cup.

5. **Enjoy chia seeds** in puddings or oatmeal. These protein-rich seeds take any flavors you throw at them.

6. **Toss your home-popped organic popcorn with nutritional yeast**, a cheesy substitute for dairy that offers 8-10 grams of protein per 2 tablespoons.

7. **Sneak spirulina into your smoothies**. It is an excellent source of protein plus an impressive range of vitamins and minerals. When added to a smoothie, it won't change the taste and it will brighten your greens.

8. **Replace store-bought chips or crackers with roasted**

chickpeas. They are amazing over salads, soups, and stews.

9. **Use unsweetened organic nut butter** as a spread on gluten-free breads, wraps, crudité veggies, or fresh dates.

10. **Use unsweetened pea milk** (try Ripple Unsweetened) for your smoothies or morning high-fiber cereal bowl.