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30 High-protein Vegan Meals. The famous question... "Where do vegans get their protein?" And the answer is that there are tons of protein sources in a vegan diet and it's not difficult to get the amount you need. And no, you don't have to eat copious amounts of beans to achieve that. ... High Protein Vegan Breakfast Burritos ...

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[20 Delicious High-Protein Vegetarian and Vegan Recipes](#)
Seitan is a popular protein source for many vegetarians and vegans. It's made from gluten, the main protein in wheat. Unlike many soy-based mock meats, it resembles the look and texture of meat when cooked. Also known as wheat meat or wheat gluten, it contains about 25 grams of protein per 3.5 ounces (100 grams).

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Not only is this an easy, fresh and delicious vegan meal (or side

dish), it ' s also gluten-free. Quinoa is a brilliant plant source of protein with all essential amino acids and edamame beans also have a high protein content. A fantastic and uber-flavoursome combo!

Cook this high-protein soy ingredient with pineapple and bell peppers in a sweet and sour sauce of soy sauce, pineapple juice, vinegar, brown sugar, and cornstarch. Prep in 10 minutes, cook in 20, and sit down to a Chinese-inspired meal with 10 grams of protein per serving.

[26 Delicious Vegan Sources of Protein \(The Ultimate Guide ...](#)
In the article I also highlighted how easy it is for vegans (including vegan athletes) to meet their protein requirements eating a natural whole plant-based diet. There are so many great recipes out there on the internet if you are looking for plant-based high-protein meal inspiration.

[30 High-protein Vegan Meals - Wallflower Kitchen](#)
[Vegan High Protein Cookbook 50](#)
Vegan: High Protein Cookbook: 50 Delicious High Protein ...
The High-Protein Vegan Cookbook highlights the ins- and- outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more than 125 protein-rich, plant-based recipes, McMeans proves that vegans don ' t have to skimp on this important nutrient.

[50 High Protein Vegan Recipes for Athletes - Sam Hodges](#)
Soy: Foods like tofu and tempeh are high in protein and fat, but low in carbs. This makes them acceptable on a low-carb vegetarian/vegan diet. This makes them acceptable on a low-carb vegetarian ...

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Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes

Vegan High Protein Cookbook 50

Lentils are a protein favorite of many, especially those on vegetarian and vegan diets looking to pump up the protein fast. Lentils add 9 grams of protein to your meal per half cup, along with ...

15 High Protein Vegan Meals - Vegan Richa

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Peas are one of the top sources of vegan protein around. And this recipe totals 15.4 grams of protein in a small serving. Whipped up just in 30 minutes, its creamy and uses gluten-free fusilli made of quinoa and brown rice. 20. Ultimate Vegan Protein Burrito – 22g Protein per serving!