SOURCES OF VEGAN PROTEIN

“But where do you get your protein?”

For anyone giving Veganuary a go this year, this is probably one of the first questions you’ll be asked, even more so if they know you go to the gym. I can’t say that meeting your protein requirements is as easy as a non-plant-based diet in all situations, but it is definitely do-able and doesn’t require as much thought as you’d think.

‘Complete’ proteins are sources of protein that contain all the essential amino acids. Vegan examples include quinoa, buckwheat, and soya products such as tofu. There are plenty other sources of protein though – they just need to be combined with others to make them complete! Some really basic examples of this are rice with beans/chickpeas/lentils, and houmous with pitta. For something a little bit different, try making oat bars with nuts/seeds and spirulina, or add spirulina to a smoothie bowl with nut butter.

This might all sound like too much hard work, but it’s important to remember we don’t need complete proteins in everything we eat, we just need to make sure we get enough of each essential amino acid over the course of the day. If you eat a varied, balanced diet, you should be achieving this without giving it too much thought!

