

High Protein High Energy Plant-Based Alternatives

High protein and/or high energy plant-based alternatives is not intended to replace generic high protein and/or high energy dietary recommendations. Instead, this resource provides additional information on plant-based alternatives to help achieve increased energy and protein requirements.

Alternative high protein and/or high energy diet is useful when:

- ☐ You are underweight
- ☐ You are losing weight without trying
- ☐ You are unable to eat enough due to poor appetite or nausea
- ☐ You have increased energy and protein requirements

Alternative high energy foods include:

- Avocado
- Nuts and seeds (including chia, linseed, sunflower, and pepita seeds, etc)
- Oils (including olive, coconut, peanut, canola, avocado, walnut, etc)
- Nut & seed butters (e.g. peanut, almond, cashew, tahini)
- Soy, rice, coconut (canned), macadamia, peanut, and oat milk
- Almond, soy or coconut ice cream/yoghurt/cream
- Nut based cheese (including soy cheese, etc)
- Dried fruit
- Fruit juice, smoothies or bowls
- Dark chocolate

- Bliss balls
- Dips (e.g. hummus, tahini)

Alternative high protein foods include:

- Legumes
- Beans
- Quinoa
- Lupin flakes
- Nuts
- Nut butters
- Meat alternatives (e.g. tofu, tempeh, edamame, falafel, etc)
- Nutritional yeast
- Soy and pea milk
- Soy yoghurt

General tips of how to achieve high protein and/or high energy goals/requirements:

- Eat more regularly (e.g. 6 times per day, every 2-3 hours)
- Always carry snacks (e.g. nuts, bliss balls, dried fruit, etc)
- Fortify* meals and snacks
- Prepare large batches of meals to freeze leftovers for a later date
- Keep favourite foods and snacks in the pantry/fridge/freezer
- Look for all opportunities to make the most of every mouthful by adding extra nutrition to meals and snacks
- Aim to include 1 – 2 milk/milk alternative drinks daily

Alternative high protein high energy meal and snack ideas

Breakfast ideas	Tips to get the most out of your meal
Cereal/porridge	<ul style="list-style-type: none"> • Add nut butter, fruit and/or honey to oat, rice or quinoa porridge • Add 2+ teaspoons of honey, nuts and/or seeds • Add ½ - 1 cup sliced fresh fruit • Add dried fruit • Add coconut oil or olive oil • Add honey, maple or rice malt syrup to grain of choice and bake until golden to make granola (add coconut or olive oil to bake) • Add dollop of soy, coconut or almond yoghurt to cereal and fruit
Toast toppers (use multi-grain or nut/seed bread for added energy and protein)	<ul style="list-style-type: none"> • Add a thick spread (2 tablespoons) of peanut, almond, hazelnut or tahini butter to bread or toast • Add ½ - 1 avocado with drizzle of olive oil and sprinkle of seeds to 2 slices of bread or toast • Add a thick spread (2 tablespoons) of chia seed jam to bread or toast • Add ½ - 1 cup beans to bread or toast (can add tinned tomato and/or spices as a homemade version of baked beans) • Add a thick spread of hummus with drizzle of olive oil to bread or toast
Pancakes/waffles (make with almond meal or coconut flour for added energy)	<ul style="list-style-type: none"> • Add 2 scoops of coconut or almond ice cream/yoghurt • Add 2 tablespoons of honey, maple, or rice malt syrup • Add 2 tablespoons of coconut cream • Add 2 tablespoons of nut butter (e.g. peanut, almond, hazelnut, macadamia) • Add sliced fresh fruit • Add a sprinkle of seeds/nuts
Fresh fruit and yoghurt of choice	<ul style="list-style-type: none"> • Add 2 teaspoons of honey/maple syrup • Add 2 tablespoons of nut butter • Add ¼ cup of nuts and/or seeds • Add 2 teaspoons of LSA (linseed, sunflower and almond meal) • Add ½ cup nut/grain granola
Nourishing drink (Recipes available - ask your Dietitian)	<ul style="list-style-type: none"> • Choose full fat, sweetened milk alternative (options listed in box below) instead of low fat or unsweetened. • Add 2 scoops of coconut or almond ice cream and/or yoghurt • Add 1-2 pieces of fruit (frozen bananas, berries, mango) • Add 2 tablespoons of nut butter or seeds

	<ul style="list-style-type: none"> • Add honey and/or maple syrup • Add 1-2 teaspoons of coconut oil • Add ½ - 1 avocado • Add cacao powder • Top smoothie with seeds, granola and/or coconut flakes
Alternative dairy (Addition to smoothie or cereal)	<ul style="list-style-type: none"> • Almond milk • Soy milk • Oat milk • Macadamia nut milk • Pea milk • Rice milk • Hazelnut milk • Soy yoghurt • Almond yoghurt • Coconut yoghurt • Coconut cream
Lunch/dinner ideas	Tips to get the most out of your meal
Sandwiches/Wraps	<ul style="list-style-type: none"> • Choose nourishing filling ideas (hummus and avocado with cucumber, nut butter with jam or honey, vegan cheese and salad with mayonnaise, tofu and salad with vegan mayonnaise) • Add extra butter or margarine • Drizzle salad with extra virgin olive oil
Salad	<ul style="list-style-type: none"> • Include vegan cheese, nutritional yeast, nuts (e.g. pine nuts, macadamia nuts, almonds), seeds (e.g. chia, hemp or flax seeds), legumes (e.g. chickpeas, lentils) and/or meat alternative (e.g. tofu, tempeh, edamame) • Add 2 tablespoons of oil or creamy dressing of choice • Add ½ cup of quinoa or brown rice or whole wheat cous cous or pearl barley
Soup	<ul style="list-style-type: none"> • Add croutons into soup, or serve with buttered/oiled bread/toast (e.g. garlic bread) • Add legumes such as lentils, beans and/or chickpeas • Add quinoa into soup • Add diced avocado to soup • Drizzle olive oil over soup • Add full fat coconut cream/milk into soup • Add or blend tofu into soup
Wet dishes (e.g. casserole, curry, dahl)	<ul style="list-style-type: none"> • Use tofu, beans and/or legumes • Add starchy vegetables (e.g. potato, sweet potato) • Serve with bread, roti or naan bread • Add 2-3 tablespoons coconut/almond yoghurt into meal or on top • Drizzle finished meal with olive oil • Sprinkle nuts over the top of curry dish (e.g. slivered almonds)
Lunch/dinner ideas	Tips to get the most out of your meal
Pizza	<ul style="list-style-type: none"> • Top with tofu, beans and/or legumes • Top with vegan cheese • Add sliced and roasted starchy vegetables (e.g. sweet potato, potato, pumpkin) • Add olives and/or antipasto mix • Drizzle finished pizza with olive oil

Stir fry	<ul style="list-style-type: none"> • Use tofu, beans and/or legumes • Add nut butter (e.g. peanut butter for satay stir fry) • Add coconut cream or coconut milk • Add nuts and/or seeds (e.g. cashews, almonds, peanuts, sesame)
Pasta/lasagne	<ul style="list-style-type: none"> • Use beans and/or legumes (e.g. lentils for spaghetti bolognese) • Use a bean or legume-based pasta or a combination mixed with grain-based pasta (e.g. edamame, mung bean, lentil, chickpea) • Use coconut cream for a creamier pasta or lasagne sauce • Add vegan cheese (or cheese of choice) • Sprinkle with nutritional yeast • Drizzle pasta/lasagne with extra virgin olive oil
Curry and/or dahl	<ul style="list-style-type: none"> • Use firm tofu, beans and/or legumes • Add nuts (e.g. cashews, almonds, peanuts) • Add coconut cream or coconut milk from can or coconut yoghurt • Serve with naan bread and/or roti with a drizzle of oil
Small meal ideas or snacks	Tips to get the most out of your snacks
Bliss balls	<ul style="list-style-type: none"> • Use nut or coconut flour as base • Roll balls in cacao or coconut • Add nuts, seeds, chocolate and dried fruit into mix • Use oil (e.g. coconut or olive oil)
Chia seed pudding	<ul style="list-style-type: none"> • Make on coconut milk • Add fresh fruit or dried fruit • Add homemade or store-bought fruit compote/jam • Top with coconut or almond yoghurt • Add honey, maple or rice malt syrup • Top with crushed nuts or shaved coconut
Almond/coconut yoghurt	<ul style="list-style-type: none"> • Add nuts and/or nut butter • Add fresh fruit • Add seeds • Add grain and nut granola
Desserts e.g. creamed rice, ice cream	<ul style="list-style-type: none"> • Coconut or almond ice cream • Add crushed nuts and seeds • Add fresh or dried fruit • Add dark chocolate
Dried fruit and/or nuts, and/or legumes	<ul style="list-style-type: none"> • Roasted chickpeas and/or broad beans • Mix into yoghurt or top on cereal • Handful of roasted/raw nuts
Banana bread, muffins and pikelets	<ul style="list-style-type: none"> • Make on wholegrain flour, coconut flour, almond meal or chickpea flour • Add nuts and/or seeds • Add fruit or dried fruit • Use full fat milk alternative
On the go	Tips to optimising nutrition when you're on the go
Snacks	<ul style="list-style-type: none"> • Grain bars (e.g. oat, quinoa, barley, spelt etc) • Nut bars (e.g. almond, cashew, peanut, walnut) • Handful of nuts or trail mix • Cheese or cheese alternative and crackers • Crackers with thick spread of nut butter or hummus

	<ul style="list-style-type: none"> • Bliss balls • Dark chocolate • Roasted legumes (e.g. fava bean, chickpeas etc) • Vegetable sticks with dip of choice (e.g. hummus) • Fresh fruit with nut butter dip (e.g. apple slices with almond butter, banana with peanut butter) • Pre-cooked edamame beans with sprinkle of salt • Homemade/store bought pikelets with spread of choice • Felafels
Frozen convenience meals (Note: avoid 'diet', 'lite' or 'light' labelled meals)	<ul style="list-style-type: none"> • Vegetarian/vegan pizza • Vegetarian quiche • Lentil/vegetable lasagne • Lentil/tofu and vegetable risotto • Creamy pasta (preferably creamy with protein such as lentils) • Lentil/tofu curry and rice (preferably creamy) • Vegetarian savoury pastries • Vegetarian pie • Add a side of garlic bread to meals (1 – 2 slices)
Freezer meals ready to defrost (Make extra and freeze for a later date)	<ul style="list-style-type: none"> • Lentil spaghetti sauce frozen • Vegetable and/or lentil lasagne frozen • Eggplant parmigiana frozen • Dahl and chapatis/naan/roti frozen • Tofu/lentil/starchy vegetable soup frozen (e.g. add tofu or a can of lentils) • Risotto frozen (e.g. mushroom, spinach, pumpkin, sweet potato) • Pasta bake frozen • Burger patties frozen • Quinoa/vegetable casserole frozen • Pancakes frozen • Curry frozen • Falafels • Vegan/vegetarian chili frozen

***Fortify definition:** Food fortification means increasing the nutritional value of your meals. This can be achieved by “bulking” meals up with extra energy and protein.

Things I can do to optimise my energy and protein intake:

For further information contact your Dietitian or Nutritionist: _____