

# EASY GUIDE TO PLANT PROTEIN



**Because Getting Enough Protein  
Should Feel Like Fun, Not Math**

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PLANTBASEDVEGANCODACH.COM**

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Curious about trying whole a plant foods diet, but afraid you won't get enough protein?



Don't even worry about it.  
I'll show you how easy it is!

# I Have a Beef... and it doesn't come from a cow!

**It's about protein.** Not protein itself, because that's easy and abundant in almost all whole foods. It's about a recent trend that equates protein with meat or animal products.

You go to a restaurant and place your order, maybe something with beans, a whole grain and green salad (a meal packed with protein) and they ask, "Would you like protein with that?" Or "What kind of protein would you like?"

What? **How do you even answer that?**

**Would they ask, "Would you like fat with that?"** Protein, like fat or carbohydrates, is just one macro-nutrient found in all whole foods.

Yet we are constantly bombarded with articles telling us to eat more protein — or only animal products have complete protein (wrong!).

So, if you've ever worried about protein on a plant-based diet, it's no wonder — you've officially fallen for one of the most persistent food lies of our time.

But that's okay! We've all been there. **Consider this your permission slip to let go of protein anxiety forever.**



# Busting the Protein Lies

## **Lie #1: You Need Large Amounts of Protein to Be Healthy.**

**Truth:** Most people need far less than the meat and supplement industries want you to believe. In fact, 10% of your calories is plenty. Many plant foods have at least that.

## **Lie #2: Plant Protein Isn't "Complete."**

**Truth:** Your body combines amino acids from all foods throughout the day. As long as you're eating enough calories from whole plant foods, you're all set. (Even if you eat animal products, your body still has to break them down into amino acids to create the protein you need.)

## **Lie #3: Only Meat Builds Muscle.**

**Truth:** Every strong animal you admire — gorilla, bull, horse, elephant — is a plant-powered protein-conversion machine. **And humans can build muscle on plants just as well as animals do** (see example at the end of this E-book).



**The point is simple:** You don't need to track or measure protein when you eat a varied plant-based diet. The math is already done for you — by the plants themselves.



# We Were Brainwashed

Sadly, most of us were brainwashed from an early age to think we need massive amounts of protein for health, strength and vitality — especially in America.

Anyone who's ever tried a vegan or vegetarian diet, has probably had multiple people ask, **“Where do you get your protein?”**



Here's a fact you can use to answer them: **Many plants are packed with protein. In fact, some plant foods contain a higher percentage of protein per calorie than meats.**

How do you think Popeye got so strong?

Just kidding. He's a cartoon and you're a real person — but Popeye does reveal a truth! Spinach is very high in protein!

## Did You Know?

Spinach is 30%–40% protein. Skinless chicken breast is about 39% protein. But spinach has half the fat, no cholesterol, and a lot more vitamins, minerals, fiber and antioxidants.

# How Much Protein Do You Really Need?

## The Recommended Amount

The RDA (Recommended Dietary Allowance) is **0.8g per kg** of body weight.  
That's about 56g for a 155 lb (70 kg) person.

## The 10% Rule

Most nutrition experts agree that getting at least **10% of your calories from protein** easily meets needs for most people.

## Good News!

Most of the plant foods in this guide provide MORE than 10% of their calories from protein.

There are many others that fall in the 10% range, making it nearly effortless to hit your protein target.



In fact, if you eat enough calories, it is almost impossible to become protein deficient on a diet of whole plant foods.



**Quick Note:** Though high in protein, soy is one of the most common allergens. Many people feel better without it.

**Also:** Most American soy products are now contaminated with GMOs and RoundUp (glyphosate). **Make sure to choose organic non-GMO certified soy if you do eat it.**

## Protein Champions: Legumes & Soy

 **Tempeh**

**39%**

protein calories

Fermented soy with nutty flavor

 **Firm Tofu**

**39%**

protein calories

Versatile, takes on any flavor

 **Lentils**

**31%**

protein calories


Quick-cooking legume powerhouse

 **Edamame**

**33%**

protein calories

Young soybeans, perfect snack

 **Navy Beans**

**26%**

protein calories

Creamy, fiber-rich beans

 **Black Beans**

**26%**

protein calories

Rich, hearty, satisfying

 **Chickpeas**

**21%**

protein calories

Great for hummus & curries

 **Peas**

**26%**

protein calories

Sweet and protein-packed

# More is NOT better!

Just because a food is high in protein doesn't mean you should eat a lot of it.

**In fact, most nutrition experts recommend keeping your protein intake between 10% and 15% of your daily calories.**



**Note:** Conventional grains, seeds, and beans are often artificially ripened with glyphosate.

**Buy Organic!**

## Seeds, Nuts & Grains

### Seeds

#### Hemp Seeds

**22%**

Complete protein source

#### Pumpkin Seeds

**20%**

Rich in zinc & magnesium

#### Flax Seeds

**19%**

High in omega-3s

### Nuts

#### Almonds: 14%

While nuts are higher in healthy fats, they still contribute meaningful protein. A handful of almonds (28g) provides about 6g of protein!

### Protein-Rich Grains

#### Quinoa

**15%**

Complete protein

#### Amaranth

**14%**

Ancient grain

#### Spelt

**14%**

Nutty flavor



# Vegetables: The Surprising Protein Stars

## Mind-Blowing Fact:

Green vegetables often have the HIGHEST percentage of protein of any food group!



### Watercress

**50%**

protein calories

The protein percentage champion! While low in total calories, watercress is incredibly nutrient-dense.



### Spinach

**30%**

protein calories (cooked)

One cup of cooked spinach has 5g of protein plus tons of iron and calcium.



### Broccoli

**28%**

protein calories (cooked)

Surprisingly protein-rich and packed with vitamin C and fiber.



### Kale

**27%**

protein calories (cooked)

A superfood in every sense—protein, vitamins A, C, K, and antioxidants.

**Pro Tip:** Vegetables have a high protein percentage, but you'd need to eat large volume to meet your protein needs. That's why combining veggies with legumes, grains, nuts and seeds creates the perfect balance.



**Many vegetables have over 10% of their calories from protein**, with some leafy greens and cruciferous veggies far surpassing this threshold. Here is a list of some with the highest estimated protein percentages by calories:

**Spinach (cooked) - 30%**  
**Bok choy (cooked) - 56%**  
**Asparagus (cooked) - 53%**  
**Mushrooms (cooked) - 52%**  
**Collards (cooked) - 45%**  
**Kale (cooked) - 27%**  
**Arugula (raw) - 42%**  
**Romaine lettuce (raw) - 40%**  
**Turnip greens (cooked) - 40%**  
**Cabbage (cooked) - 38%**  
**Brussels sprouts (cooked) - 38%**  
**Broccoli (cooked) - 28%**  
**Cauliflower (cooked) - 36%**  
**Snap peas and snow peas (cooked) - 34%**

**Green beans (cooked) - 31%**  
**Artichoke (cooked) - 30%**  
**Zucchini (cooked/raw) - 30%**  
**Celery (raw) - 28%**  
**Iceberg lettuce (raw) - 28%**  
**Rhubarb (cooked) - 23%**  
**Radishes (raw) - 23%**  
**Tomato (raw) - 23%**  
**Turnip (cooked) - 19%**  
**Cucumber (raw) - 18%**  
**Red bell pepper (raw) - 17%**  
**Beets (cooked) - 17%**  
**Yellow bell pepper (raw) - 15%**  
**Rutabaga (cooked) - 14%**  
**Winter squash (cooked, average) - 13%**

Almost all leafy greens, cruciferous vegetables, and many common salad or cooked veggies will yield at least 10% of calories from protein (most are much higher), especially when eaten raw or lightly cooked.






## Even Some Fruits Have More than 10% Protein!

Most fruits have less than 10% of their calories from protein, but that's no reason to avoid them. After all, when you are aiming for 10% over all, you need to eat some foods with more than 10% protein and some with less than 10% to keep things in balance.

Fruit	% Calories from Protein
Guava	15%
Blackberries	13%
Apricot (raw)	~12%
Passionfruit	~10%
Dried figs (cup)	~10%
Zante currants (cup)	~10%



**Fruits Provide Healthy Carbohydrates, Phytonutrients, Fiber and Important Alkaline-forming minerals.** Nutrition experts recommend eating at least 2 cups of fruit per day.

**Note:** Measurements vary depending on source.



# PLANT FOODS WITH 8-14% PROTEIN

(PERCENT OF CALORIES)



**ALMONDS (RAW): 14%**

**PISTACHIOS (RAW): 14%**

**SUNFLOWER SEEDS (RAW): 14%**

**BUCKWHEAT (COOKED): 14%**

**BULGUR (COOKED): 14%**

**BEETS (COOKED): 14%**

**CASHEWS (RAW): 11%**

**SWEET YELLOW CORN (COOKED): 11%**

**RUSSET POTATOES (COOKED): 11%**

**SWEET POTATO (COOKED): 9%**

**AMARANTH (COOKED): 14%**

**SPELT (COOKED): 14%**

**BARLEY (COOKED): ~14%**

**FLAXSEED (RAW): ~13%**

**SESAME SEEDS (RAW): ~12%**

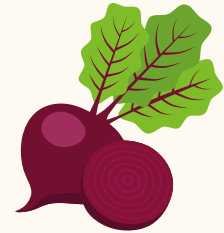
**ZUCCHINI (COOKED): ~12%**

**TURNIPS (COOKED): ~12%**

**ROMAINE LETTUCE (RAW): ~12%**

**MILLET (COOKED): ~12%**

**BROWN RICE (COOKED): ~8-9%**



**Note:** Numbers may vary depending on source.



# A Day of Easy Plant Protein

~56g

Here's what a balanced plant-based day looks like when you want around 56 grams of naturally occurring, whole-food protein:



## Breakfast

Oatmeal topped with chia seeds, berries & almond butter

~12g protein



## Lunch

Black bean & quinoa bowl with broccoli, corn & lime-tahini drizzle

~18g protein



## Snack

Apple slices with peanut butter & a handful of pumpkin seeds

~10g protein



## Dinner

Lentil-veggie sauté with kale, mushrooms & brown rice

~16g protein

**Total protein for the day:**

**~12g (Breakfast) + ~18g (Lunch) + ~10g (Snack) + ~16g (Dinner)**

**= 56g protein** — easily achieved with delicious plant foods!



# Dangers of Excess Protein



**1. Kidney Strain** Too much protein stresses your kidneys.



**2. Chronic Inflammation** High-protein diets, especially animal-based, can fuel inflammation; plant foods help reduce inflammation.



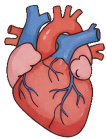
**3. Fiber Loss** Animal protein has ZERO fiber, which causes constipation and sluggish digestion. Plant foods are full of fiber that feeds a healthy microbiome.



**4. Acid Load + Mineral Loss** Excess protein can leach minerals from your bones causing osteoporosis. Leafy greens, beans, and sesame seeds add plenty of calcium and potassium.



**5. Nitrogen Waste Buildup** Extra protein creates more waste (toxins) for your body to process and eliminate.



**6. Artery Clogging** Eating too much protein, especially from animal sources, can increase harmful plaque buildup in your arteries. This plaque narrows arteries and raises the risk of heart attacks.



**7. Fat Buildup** Protein from animal sources comes with saturated fat. Excess fat thickens blood, and raises risk for diabetes, heart disease, and obesity.





## The Good News

Plants give you:

- ✓ plenty of protein
- ✓ built-in fiber
- ✓ alkalizing minerals
- ✓ phytonutrients
- ✓ antioxidants
- ✓ lower inflammatory load
- ✓ and a feeling that you are doing something good for:
  - your body
  - for the planet
  - and for the animals



**Getting enough protein on a plant-based diet is super easy** — and protects you from the actual risks that come from overdoing protein (rather than the imagined risks of under-consuming it, which is almost impossible on a whole plant foods diet with adequate calories).

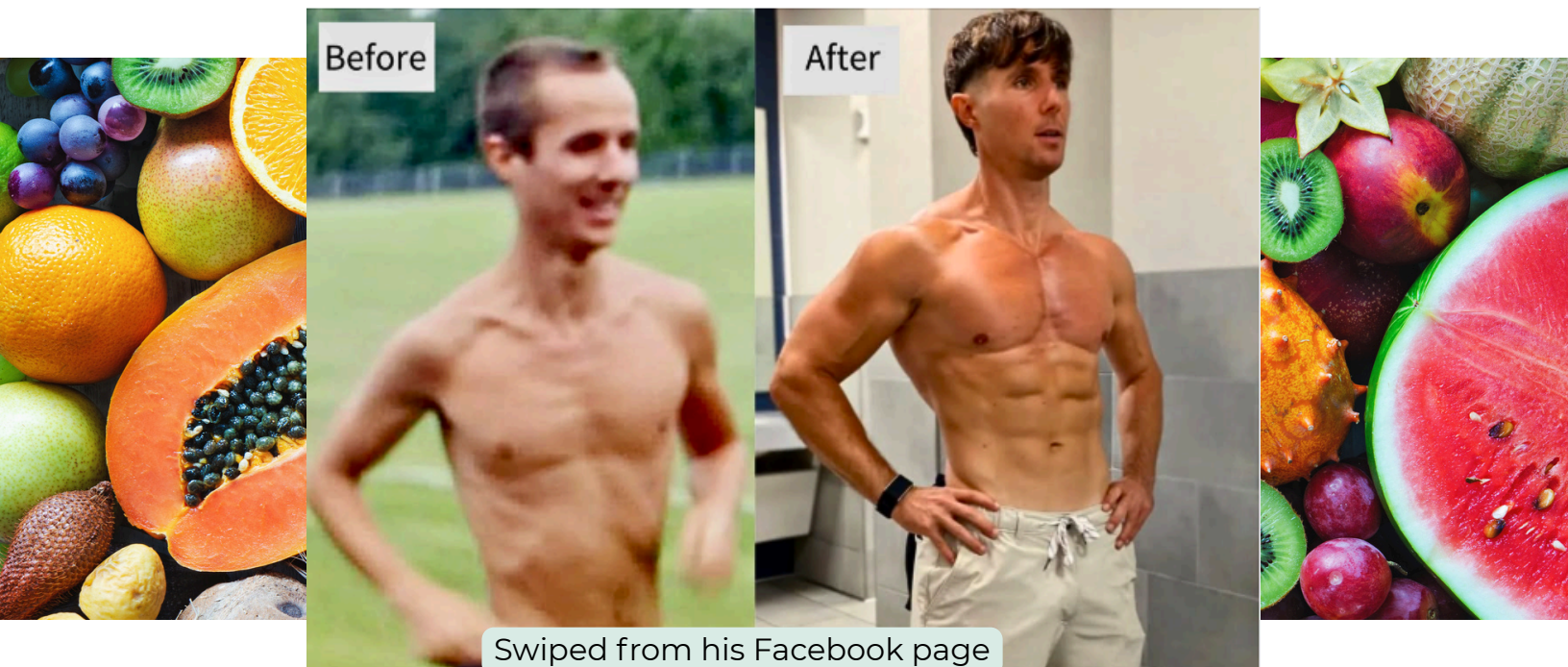


# I Know a Guy...

In case you're thinking, "But I can't build muscle on a whole plant foods diet," think again!

I've been following this guy for several years. I'll give him a little plug here, because he's an amazing teacher who has not only **built muscle on a diet of only FRUIT** (I've been watching it happen!) — but he's also made millions of dollars for himself while helping others build their own businesses.

His name is Ted Carr. Look him up on Facebook, Instagram, or Skool. He's a really nice and helpful guy.



**So no more excuses!** Some of the strongest body builders in the world are vegan. The longest-lived populations in the world eat at least 90% plants. They didn't believe the media protein lies and you don't have to either.



# Who Am I?

Hello! My name is Bernadette Wulf



- plant-based health coach
- lifelong nutrition nerd
- animal lover
- passionate environmentalist
- graphic artist
- website designer
- author
- international workshop leader
- magic school director
- energy healer/Reiki Master

There's more, but I don't want to bore you with details. I do a lot of things, wear a lot of hats — but that's probably not what you care about.

**I'm guessing you are here because you want to know how to live a healthy, happy life, and maybe contribute something positive to the world and the people you love.**

Me too! In fact, I've made a lifetime pursuit of esoteric wisdom, knowledge, tools, and techniques to create the most joyful and fulfilling life possible.

What's fulfilling for me might be different from what floats your boat. I love writing and creating art, whether painting or playing with AI images. Maybe you prefer playing tennis or shopping for shoes. **But one thing we have in common is a physical body that needs the best nourishment we can give it** — and that is basically the same for everyone... with some minor variations.

# My Healing Journey

Back in 2015, after many years of trial and error pursuing the elusive “healthiest diet,” I finally discovered what works for me — whole foods, vegan & gluten-free + a good Vitamin B 12 supplement.

Finally, my chronic health issues that had bothered me for decades simply vanished and my immune system recovered from the constant stress caused by eating the wrong foods.

**I really want you to find that relief too — you and everybody else on the planet.**

That’s why I wrote this little E-book and why I created my <https://PlantBasedVeganCoach.com> website that is packed with all the latest and greatest nutrition information I could find.

If you want more nutrition information or personal coaching, that’s where you’ll find another free E-book, an online nutrition course, and coaching options.

## And There’s More!

Visit my <https://WulfWorks.com> website for an overview of all the hats I wear — from Reiki Attunements to Faery-Magic Workshops to Graphic Design and beyond.

Because who wants to fit into one box!

*"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy." — Shakespeare*

