

BOILERGREEN  
initiative

*Vegan/  
Vegetarian/  
Plant-Based  
Eating*



**Every little bit helps!**

Each time you eat a plant-based meal and step out of your comfort zone from the traditional

American diet, you save the world from sizeable environmental harm in the form of emissions and pollution savings.[\[1\]](#) [\[2\]](#) [\[3\]](#) You also reduce your exposure to antibiotics often used on factory-farmed animals. [\[4\]](#) [\[5\]](#)

You also make a huge impact by your spending choices. The intentional choice to go meatless for a meal tells companies and restaurants that you want more opportunities to eat sustainably as a consumer. [\[6\]](#) [\[7\]](#)

Start by eliminating meat and dairy from at least one meal a week and see how it makes you feel! You may find yourself feeling lighter and more energetic as you put less digestive strain on your body.[\[8\]](#) [\[9\]](#) [\[10\]](#) [\[11\]](#) [\[12\]](#) [\[13\]](#) [\[14\]](#) [\[15\]](#)



### How to get complete and balanced plant-based protein:

Concerns: Some types of proteins (e.g., soy, gluten) have been stigmatized in science journalism. People say that vegans don't have enough protein in their diet to sustain muscle mass, post-workout muscle repair and key metabolic functions.

Answers: Everything in moderation (barring actual food allergies/intolerances). Balance your amino acid intake and measure based on your actual metabolic needs. Pair vegan proteins intentionally in delicious combinations that completely satisfy your body's nutritional needs.

Calculator for how much protein you body needs:

<https://www.calculator.net/protein-calculator.html>

### What do we mean by "complete protein"?

The essential amino acids listed in the chart below are **Valine**, **Tryptophan**, **Methionine**, **Leucine**, **Histidine**, **Isoleucine**, **Phenylalanine**, **Threonine**, and **Lysine**. A complete protein means that in one meal you are getting

all nine of these essential amino acids. You need to receive all nine of them through your food since your body cannot produce these on its own.[\[15\]](#)

Note that even if you can't get all nine essential amino acids at least three times a day, don't worry. The amino acids you're able to take in by ingesting an incomplete plant-based protein still meet some of your body's nutritional needs and are a non-zero benefit. Ingesting protein and all other nutrients is essentially like an ongoing ledger! As long as you satisfy your overall needs on, say, a weekly basis, you shouldn't suffer from any deleterious effects. Chronic imbalances, such as eating too much protein, taxes your kidneys (could lead to stones), and eating too little will leave you feeling weak and sluggish.[\[16\]](#)

Va	Tr	Me
Le	Hi	Is
Ph	Th	Ly

## Legumes

Va		
Le	Hi	Is
Ph	Th	Ly

Beans  
Peanuts  
Chickpeas  
Peas  
Lentils

## Grains

Va	Tr	Me
Le	Hi	
Ph		

Couscous  
Barley  
Buckwheat  
Millet  
Oatmeal  
Popcorn  
Rice

## Nuts & Seeds

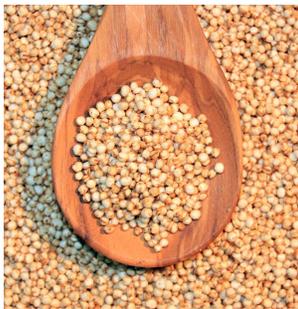
Va	Tr	Me
Le	Hi	
Ph	Th	

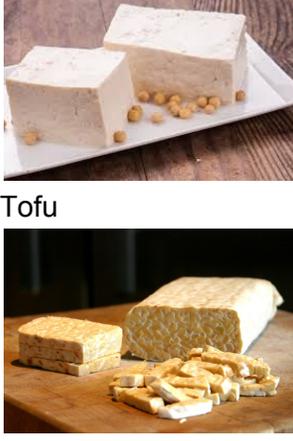
Amaranth  
Almond  
Walnut  
Pecan  
Sunflower  
Chia  
Quinoa (complete)

[\[15- downloadable Tone It Up Nutrition Plan - Vegan Edition\]](#) [\[17\]](#)

Look for complements to pair in any given meal or day: **Grains + Nuts, Legumes + Seeds, Legumes + Grains, Legumes + Nuts** combinations create complete protein![\[18\]](#) [\[19- pgs. 14-15, 19-23\]](#)

### Plant-based Complete Proteins

Quinoa		<p>Contains nearly twice as much fiber as grains. Lower glycemic index (better to stabilize blood sugar - a preventive measure against diabetes!). Substitute in place of oats, pasta, rice, cereal grains. Can eat at breakfast, lunch or dinner! Throw on top of a salad.</p>
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Chia		<p>These power seeds contain 20% complete protein! Great plant-based source of Omega-3's. Add to pudding, oatmeal, fruit, smoothies, salads, or juices.</p>
Spirulina		<p>Blue-green algae. Contains 60% complete protein. Can eat in tablet or powder form. Excellent in salad dressings, water, smoothies, and green juices!</p>
Hemp		<p>Not only a complete protein: also high in dietary fiber and healthy fats. Contains chlorophyll. Note that hemp does contain a higher ratio of Omega-6's to Omega-3's, so in the standard American diet (generally too high in Omega-6's if you eat processed foods regularly), moderation is still key.</p>
Amaranth		<p>A seed that can be eaten like a grain. Contains many vitamins and essential nutrients.</p>
Tofu, tempeh	 <p>Tofu</p> <p>Tempeh</p>	<p>The soy-based staples. High in dietary fiber. Fifteen grams or more of complete protein contained in 6 oz serving! Moderation for this protein would likely look like 1-2 servings per week to avoid inflammation concerns.</p>

Complete Protein Powder		Can use to supplement flour in baking. Can add to smoothies. Use in moderation given recent nutritional testing concerns.
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# Our Top Plant-Based Recipe Picks!



## Links

**Ethiopian lentil stew**



<https://www.connoisseurusveg.com/spicy-ethiopian-lentil-stew/>

<p><b>Vegan pumpkin spice latte</b></p>		<p><a href="https://detoxinista.com/healthier-pumpkin-spice-latte/">https://detoxinista.com/healthier-pumpkin-spice-latte/</a></p>
<p><b>Chocolate chia seed pudding</b></p>		<p><a href="https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/">https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/</a></p>
<p><b>Avocado Brownies</b></p>		<p><a href="https://www.howsweeteats.com/2012/08/fudgy-avocado-brownies/">https://www.howsweeteats.com/2012/08/fudgy-avocado-brownies/</a></p>
<p><b>Apple Broccoli Salad</b></p>		<p><a href="https://veganinthefreezer.com/vegan-apple-broccoli-salad/">https://veganinthefreezer.com/vegan-apple-broccoli-salad/</a></p>
<p><b>Spicy Tenderstem and Peanut noodle stir fry (It doesn't have to be spicy)</b></p>		<p><a href="http://wallflowerkitchen.com/spicy-tenderstem-peanut-noodle-stir-fry/">http://wallflowerkitchen.com/spicy-tenderstem-peanut-noodle-stir-fry/</a></p>
<p><b>Roasted Chickpea Buddha Bowl</b></p>		<p><a href="https://www.eleatnutrition.com/recipes/buddha-bowl/">https://www.eleatnutrition.com/recipes/buddha-bowl/</a></p>

<p><b>Vegan Strawberry Oatmeal Breakfast Smoothie</b></p>		<p><a href="https://www.google.com/search?q=Vegan+Strawberry+Oatmeal+Breakfast+Smoothie&amp;rlz=1C5CHFA_enUS867US867&amp;oq=Vegan+Strawberry+Oatmeal+Breakfast+Smoothie&amp;aqs=chrome..69i57j69i60&amp;sourceid=chrome&amp;ie=UTF-8">https://www.google.com/search?q=Vegan+Strawberry+Oatmeal+Breakfast+Smoothie&amp;rlz=1C5CHFA_enUS867US867&amp;oq=Vegan+Strawberry+Oatmeal+Breakfast+Smoothie&amp;aqs=chrome..69i57j69i60&amp;sourceid=chrome&amp;ie=UTF-8</a></p>
<p><b>Chunky Monkey Best Vegan Chocolate Chip Banana Bread</b></p>		<p><a href="https://www.keyingredient.com/recipes/934975032/chunky-monkey-best-vegan-chocolate-chip-banana-bread/">https://www.keyingredient.com/recipes/934975032/chunky-monkey-best-vegan-chocolate-chip-banana-bread/</a></p>
<p><b>Vegan Mushroom and Artichoke Pasta</b></p>		<p><a href="https://www.feastingathome.com/pasta-with-sunchokes-mushrooms-and-artichoke-sage-sauce/">https://www.feastingathome.com/pasta-with-sunchokes-mushrooms-and-artichoke-sage-sauce/</a></p>
<p><b>Strawberry spinach salad</b></p>		<p><a href="https://texas-mommy.com/2019/06/11/strawberry-spinach-salad-recipe/?utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_smartloop&amp;utm_content=smartloop&amp;utm_term=34021644">https://texas-mommy.com/2019/06/11/strawberry-spinach-salad-recipe/?utm_medium=social&amp;utm_source=pinterest&amp;utm_campaign=tailwind_smartloop&amp;utm_content=smartloop&amp;utm_term=34021644</a></p>
<p><b>Chocolate Nut Butter Cups</b></p>		<p><a href="https://www.bakerita.com/baru-nut-butter-chocolate-baru-nut-butter-cups-gluten-free-paleo-vegan/">https://www.bakerita.com/baru-nut-butter-chocolate-baru-nut-butter-cups-gluten-free-paleo-vegan/</a></p>
<p><b>Zucchini Coconut Chocolate Chip Cookies</b></p>		<p><a href="https://www.twopeasandtheirpod.com/zucchini-coconut-chocolate-chip-cookies/">https://www.twopeasandtheirpod.com/zucchini-coconut-chocolate-chip-cookies/</a></p>
<p><b>Crispy Potatoes with Vegan Nacho Sauce</b></p>		<p><a href="https://www.goodhousekeeping.com/food-recipes/healthy/g807/vegan-recipes/?slide=14">https://www.goodhousekeeping.com/food-recipes/healthy/g807/vegan-recipes/?slide=14</a></p>

<p><b>Jackfruit BBQ Sandwich</b></p>		<p><a href="https://www.emilieeats.com/easy-vegan-bbq-jackfruit-sandwiches/">https://www.emilieeats.com/easy-vegan-bbq-jackfruit-sandwiches/</a></p>
<p><b>Spicy pad thai</b></p>		<p><a href="https://whitneybond.com/whats-for-dinner-spicy-vegetable-pad-thai/">https://whitneybond.com/whats-for-dinner-spicy-vegetable-pad-thai/</a></p>
<p><b>Vegan Lemon Bars</b></p>		<p><a href="https://www.connoisseursveg.com/vegan-lemon-bars/">https://www.connoisseursveg.com/vegan-lemon-bars/</a></p>
<p><b>Grilled Cheese and Apple Sandwiches</b></p>		<p><a href="https://www.myrecipes.com/special-diet/vegetarian-recipes/vegetarian-sandwich-recipes?slide=126738#126738">https://www.myrecipes.com/special-diet/vegetarian-recipes/vegetarian-sandwich-recipes?slide=126738#126738</a></p>
<p><b>Banana Pancakes with Berries</b></p>		<p><a href="https://www.instagram.com/p/BveZQWxnKnd/?igshid=wq15fdw4w3yn">https://www.instagram.com/p/BveZQWxnKnd/?igshid=wq15fdw4w3yn</a></p>
<p><b>Falafel</b></p>		<p><a href="https://www.bonappetit.com/recipe/fresh-herb-falafel">https://www.bonappetit.com/recipe/fresh-herb-falafel</a></p>

<p><b>Easy Veggie Burger</b></p>		<p><a href="https://minimalistbaker.com/easy-grillable-veggie-burgers/">https://minimalistbaker.com/easy-grillable-veggie-burgers/</a></p>
<p><b>Mini Crustless Tofu Quiches</b></p>		<p><a href="https://blog.fatfreevegan.com/2006/12/mini-crustless-tofu-quiches.html">https://blog.fatfreevegan.com/2006/12/mini-crustless-tofu-quiches.html</a></p>
<p><b>Roasted Honey Garlic Cauliflower</b></p>		<p><a href="https://kirbiecravings.com/roasted-honey-garlic-cauliflower/?crlt.pid=camp.Ep7Ti2Lxnu6T">https://kirbiecravings.com/roasted-honey-garlic-cauliflower/?crlt.pid=camp.Ep7Ti2Lxnu6T</a></p>
<p><b>Vegetarian Quesadillas with Black Beans and Sweet Potato</b></p>		<p><a href="https://erhardtseat.com/vegetarian-quesadillas/">https://erhardtseat.com/vegetarian-quesadillas/</a></p> <p>(can substitute butter &amp; sour cream or not use at all, these are VERY good!)</p>
<p><b>HOMEMADE APPLE CINNAMON PIE (WITH A FLAKY VEGAN PIE CRUST)</b></p>		<p><a href="https://www.veganosity.com/homemade-apple-cinnamon-pie-with-a-flaky-vegan-pie-crust/">https://www.veganosity.com/homemade-apple-cinnamon-pie-with-a-flaky-vegan-pie-crust/</a></p>
<p><b>THIS IS THE BEST VEGGIE BURGER PATTY I'VE EVER HAD HIGHLY RECOMMEND</b></p>		<p><a href="https://www.beyondmeat.com/products/the-beyond-burger/">https://www.beyondmeat.com/products/the-beyond-burger/</a></p>
<p><b>Vegetarian Meatballs</b></p>		<p><a href="https://www.bonappetit.com/recipe/vegetarian-meatballs-with-soy-honey-glaze">https://www.bonappetit.com/recipe/vegetarian-meatballs-with-soy-honey-glaze</a></p>

<b>Lentil Calzone</b>		<a href="https://www.lentils.org/recipe/lentil-calzone/">https://www.lentils.org/recipe/lentil-calzone/</a>
<b>Vegan Samosa</b>		<a href="https://www.connoisseursveg.com/baked-vegan-samosas/">https://www.connoisseursveg.com/baked-vegan-samosas/</a>
<b>Avocado and black bean salad</b>		<a href="https://gimmedelicious.com/2017/03/26/avocado-black-bean-salad/">https://gimmedelicious.com/2017/03/26/avocado-black-bean-salad/</a>
<b>Sweet Potato and kale soup</b>		<a href="https://realandvibrant.com/sweet-potato-and-kale-soup/">https://realandvibrant.com/sweet-potato-and-kale-soup/</a>
<b>Vegan chickpea avocado salad sandwich</b>		<a href="https://www.peta.org/living/food/smashed-chickpea-avocado-salad-sandwich/">https://www.peta.org/living/food/smashed-chickpea-avocado-salad-sandwich/</a>  Note: this sandwich is amazing with Ezekiel Bread, which is also a complete protein with lots of dietary fiber! Ezekiel bread stays frozen till you toast it.

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