

Download High Protein Vegetarian Recipes

Occasion

High-protein vegetarian recipes 12 Recipes Discover delicious vegetarian recipes where at least 20% of the calories come from protein, keeping you feeling fuller for longer.

You don't have to miss out on Chinese sweet and sour flavors if you're vegan. This tempeh recipe has all the best of those flavors without the meat and fats. 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.

High-protein vegetarian recipes April 11, 2019 • In Nutrition , Recipe Roundup , Vegetarian Whatever diet you follow, it's always important to have a healthy amount of protein in your meals.

Check out these high-protein vegetarian recipes to see just how easy it is to get plenty of protein – without meat. You'll be growing those biceps before you even realise. You'll be growing those biceps before you even realise.

These 30 recipes are a mixture of breakfasts, lunches, dinners, snacks and desserts that are suitable for those looking for some extra protein in their diets, with plenty of healthy and gluten-free options too.

These recipes feature high-protein foods like eggs, lentils, and curry. Breakfast Green Chile Frittata : "This rich recipe is great for either a brunch or breakfast.

81 high protein vegetarian recipes that can be made easily - without any speciality ingredients. Quick and simple.

Protein: 26 grams per serving. This is one vegetarian recipe that really does have it all: six ingredients, packed with protein, made in one pan, and ready in 25 minutes. If that's not enough, just know that you'll be in love after only one forkful of this super-delish mushroom ravioli.

If you're a vegetarian, you're probably always looking for fresh, healthy, and delicious meatless meals. And by now you know that getting your vegetarian protein and varying your menu to ban boredom are two of the biggest challenges.

With so many alternative proteins available now, going meatless (even for a day or two) is more delicious than ever. Including vegetarian and vegan options, these high-protein main course recipes will keep your energy levels up and satisfy even the most steadfast carnivore.

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