

PLANT BASED PROTEIN SOURCES		
Plant Based Foods containing 5 g protein		
Nuts & Seeds	Grains & Pulses	Vegetables
28 g cashew nuts 23 g almonds 23 g pistachio nuts 35 g brazil nuts 18 g roasted peanuts 24 g sunflower seeds 19 g pumpkin seeds 30 g chia seeds 27 g linseed	220 g cooked brown rice 130 g cooked wild rice 4.5 Nairn's oatcakes 2.5 x 38 g slices german rye bread 60 g houmous 125 g soya yoghurt	210 g cooked broccoli 90 g frozen peas 65 g frozen broad beans 200 g baked potato 175 g raw spinach
Plant Based Foods containing 10 g protein		
Nuts & Seeds	Grains & Pulses	Vegetables
40 g peanut butter 40 g almond butter 40 g tahini	225 g cooked quinoa 262 g cooked amaranth 70 g dry oats 190 g cooked wholewheat pasta 90 g 100% wholewheat bread 210 g baked beans 110 g cooked green lentils 110 g cooked red kidney beans 115 g cooked chickpeas	70 g frozen soya beans
Plant Based Foods containing 20 g protein		
	Grains & Pulses	
	200 g tofu	

SAMPLE MENU			
MEAL	PROTEIN (g)	LYSINE (mg)	CALORIES
Breakfast - Porridge with seeds & yoghurt			
70 g oats	10	500	295
25 g mixed seeds	5	250	150
125 g soya yoghurt	5	-	57
100 g mixed berries	.75	25	50
<b>Total</b>	<b>20.75</b>	<b>775</b>	<b>552</b>
Lunch - lentil, chickpea & cashew salad			
110 g green lentils (cooked)	10	690	127
55 g chickpeas (cooked)	5	680	95
28 g cashew nuts	5	240	155
210 g broccoli	5	310	73
150 g tomato	1	40	35
20 g tahini (salad dressing)	5	81	115
<b>Total</b>	<b>31</b>	<b>2041</b>	<b>600</b>
Supper - tofu & vegetable stir fry with miso quinoa & broad beans			
225 g quinoa (cooked)	10	540	270
175 g spinach	5	300	40
65 g broad beans (frozen)	5	336	52
200 g tofu	20	1309	170
25 g miso	3	120	50
50 g onion	.5	20	20
1 tsp olive oil	-	-	42
<b>Total</b>	<b>43.5</b>	<b>2625</b>	<b>644</b>
Snacks - oatcakes, peanuts, fruit			
4.5 Nairns oatcakes	5	198	202
40 g almond butter	10	335	134
1 banana	1.25	60	105
18 g peanuts	5	170	108
1 apple	.5	30	116
<b>Total</b>	<b>21.75</b>	<b>793</b>	<b>665</b>
<b>TOTAL</b>	<b>117 g</b>	<b>6234 mg</b>	<b>2461 calories</b>
<b>TARGET</b>	<b>115.5 g</b>	<b>5890.5 mg</b>	<b>2500 calories</b>

The Vegan Runner by Diana Green.

To read the rest of this nutrition article please visit: <http://www.runultra.co.uk/Training/March-2017/The-Vegan-Runner>

PLANT BASED IRON SOURCES		
Plant Based Foods containing 2 mg iron		
Nuts & Seeds	Grains & Pulses & Sugars	Vegetables & Fruit
30 g cashew nuts 42 g hazelnuts 54 g almonds 47 g pistachio nuts 38 g sunflower seeds 22 g pumpkin seeds 20 g chia seeds 35 g linseed 45 g tahini	44 g oats 59 g cooked green lentils 68 g cooked red kidney beans 70 g cooked chickpeas 135 g cooked quinoa 78g 100% whole wheat bread 190 g cooked whole wheat pasta 110 g tofu 16 g molasses	40 g raisins 46 g dried apricots 100 g dried figs 275 g raw broccoli 118 g raw kale 165 g frozen peas 185 g baked potato 74 g raw spinach

PLANT BASED CALCIUM SOURCES		
Plant Based Foods containing 100 mg calcium		
Nuts & Seeds	Grains & Pulses & Sugars	Vegetables & Fruit
46 g almonds 62 g brazil nuts 88 g hazelnuts 91 g pistachio nuts 71 g tahini g sunflower seeds g pumpkin seeds 16 g chia seeds 39 g linseed	93 g 100% wholewheat bread 70 g German rye bread 52 g tofu 204 g cooked chickpeas 21 g molasses	62 g figs 202 g raw broccoli 101 g raw spinach 74 g raw kale 83 g watercress 72 g parsley