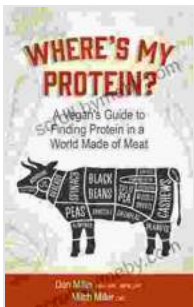


The Vegan Guide to Finding Protein in a World Made of Meat

If you're vegan, you've probably heard the question, "But where do you get your protein?" It's a fair question, considering that meat and dairy products have been touted as the primary sources of protein for centuries.



Where's My Protein?: A Vegan's Guide to Finding Protein in a World Made of Meat by Steven Grey

★★★★★ 5 out of 5

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|----------------------|-------------|
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The good news is, vegans can get plenty of protein from plant-based foods. In fact, many plant-based foods are higher in protein than meat and dairy products. This guide will show you how to find protein in a world made of meat.

What is protein?

Protein is an essential nutrient that helps build and repair tissues, produce enzymes and hormones, and transport oxygen and nutrients throughout the body.

The recommended daily intake of protein is 0.8 grams per kilogram of body weight. This means that a 150-pound person should consume about 54 grams of protein per day.

Plant-based sources of protein

There are many plant-based foods that are high in protein. Some of the best sources include:

- Beans
- Lentils
- Tofu
- Tempeh
- Edamame
- Quinoa
- Chia seeds
- Hemp seeds
- Nuts
- Seeds

How to get enough protein on a vegan diet

Getting enough protein on a vegan diet is easy. Here are a few tips:

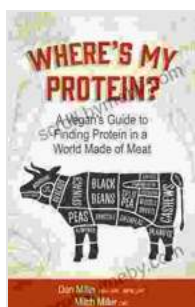
- Eat a variety of plant-based foods.
- Include protein-rich foods in every meal.

- Snack on protein-rich foods, such as nuts and seeds.
- Consider supplementing with a plant-based protein powder.

Vegans can get plenty of protein from plant-based foods. By eating a variety of protein-rich foods, vegans can easily meet their daily protein needs.

If you're interested in learning more about vegan nutrition, I recommend checking out the following resources:

- The Vegan Health Association
- The Vegetarian Resource Group
- The Physicians Committee for Responsible Medicine



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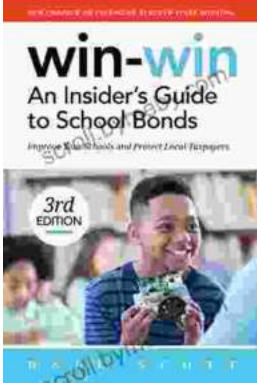
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