

Plant-Based Protein Options for Your Third Meal



If your focus is plant-based nutrition, Dairy-Free IsaLean® Shakes and Bars are two meal replacement options.

By getting a balanced amount of protein at each meal, not only can you stay satisfied longer, but you also provide your body with the best support for building lean muscle (1, 2).

In addition to Isagenix dairy-free products, here are three plant-based protein options for your third meal on Shake Days:

1. Lentils

A cup of cooked lentils provides 18 grams of protein and 230 calories.

Salads: Combine cooked lentils with chopped vegetables including red onions, carrots, cucumbers, and bell peppers. Top with lemon juice, vinegar, garlic, thyme, and parsley.

Soups: Simmer lentils with vegetables such as tomatoes, celery, onions, carrots, and spinach and add flavor with vegetable stock, bay leaves, oregano, parsley, and salt.

2. Beans

Depending on the variety, 1 ¼ cup of cooked beans provides 18-22 grams of protein and 200- 300 calories.

Burritos: Steer clear of the fatty, refried dinners and make these fresh recipes at home. Try black bean and pinto bean burritos, taco salad, or create a bean, corn, and rice side dish.

Chili: Use kidney, red, white, black, or any other type of bean. Any meatless chili is delicious with onion, cumin, garlic, pepper, and tomatoes, and you may want to add green beans or corn.

Chickpea Snacks: Cooked garbanzo beans (chickpeas) can make a crunchy topping or tasty snack by tossing them with seasonings and olive oil and toasting them in the oven.

Search for these recipes: 13-bean soup, bean pasta sauces, black bean soup, bean and corn salad

3. Split peas

A 1 ¼ cup serving of split peas provides 20 grams of protein and 290 calories.

Split Pea Soup: This classic recipe is made with dried split peas and can be flavored with spices like smoked paprika.

Mason Jar Salad: Split peas can be layered in a mason jar with other fresh vegetables and a tangy dressing for a portable meal.

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Search for these recipes: split pea hummus, split pea salad.

If you are using an Isagenix System, you can choose any of these plant-based protein options for your 400-600 calorie meal. Many plant-based proteins like lentils, beans, and peas also provide energy-fueling complex carbohydrates in addition to protein.

Since your carbohydrates will already be accounted for, you can fill the remainder of your plate with fruit and vegetables and round out your meal by adding a source of good fats. Use the end of your thumb (about a tablespoon) as a guide for portion size.

With a little creativity in the kitchen, you will be crafting balanced, plant-based meals in no time.

References

1. Mamerow MM, Mettler JA, English KL, Casperson SL, Arentson-Lantz E, Sheffield-Moore M, Layman DK, Paddon-Jones D. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *J Nutr.* 2014 Jun;144(6):876-80. doi: 10.3945/jn.113.185280.
2. Halton TL, Hu FB. The effects of high protein diets on thermogenesis, satiety and weight loss: a critical review. *J Am Coll Nutr.* 2004;23:373-85.

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