

# Vegan and Gluten-Free: Now What?

A vibrant collage of various fruits, vegetables, and legumes, arranged on a light blue background. The items include Brussels sprouts, asparagus, lentils, chickpeas, cranberries, an orange, an avocado, and a red apple. The text "Vegan and Gluten-Free: Now What?" is overlaid on the top half of the image in a large, bold, yellow font with a green outline.

# Vegan & Gluten Free High Protein Guide

**50SetGo** 



# Vegan and Gluten-Free: Why?

People choose veganism for various reasons, including ethical concerns for animal welfare, religious, environmental sustainability, and health benefits such as reduced risk of chronic diseases. Navigating the challenges of being both vegan and gluten-free while ensuring adequate protein intake can feel like a daunting task. Many individuals face difficulties finding diverse and satisfying food options that meet these dietary restrictions, often feeling limited in their choices.

However, the benefits can be profound. Going gluten-free can improve digestive health and alleviate symptoms for those with gluten sensitivities or celiac disease. Ensuring sufficient protein intake, especially as we age, is crucial for maintaining muscle mass, bone health, and overall vitality. Despite the hurdles, with careful planning and creativity, a balanced and fulfilling diet is entirely achievable.



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## Benefits of Protein:

High protein snacks can provide a number of benefits for your health and wellbeing. Here are some reasons why high protein snacks are good for you:

## They help build and repair tissues:

Protein is an essential nutrient that helps build and repair tissues in the body, including muscles, bones, skin, and organs. Consuming high protein snacks can help support these processes and promote tissue growth and repair.

**They can help with weight management:**

Protein is a highly satiating nutrient, meaning it can help you feel full and satisfied after eating. By consuming high protein snacks, you may be less likely to overeat or snack on less healthy options, which can help support weight management.



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## Benefits of Protein Cont.:

### **They can improve muscle strength and function:**

Consuming high protein snacks can help support muscle growth and strength, which is important for overall physical function and performance.

### **They can support healthy metabolism:**

Protein has a higher thermic effect than other nutrients, meaning that it requires more energy to digest and metabolize. This can help support a healthy metabolism and promote weight loss.

### **They can support blood sugar control:**

Consuming high protein snacks can help stabilize blood sugar levels, which is important for preventing energy crashes and supporting overall health.

Overall, high protein snacks can provide a number of health benefits and are a great option for supporting a healthy diet and lifestyle.

Here we have 60 super high protein snacks you can make at home!





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## Protein Options for a Vegan and Gluten-Free Diet:

**Quinoa:** A complete protein source with all nine essential amino acids.

**Amaranth:** Another complete protein, rich in fiber and minerals.

**Buckwheat:** Despite its name, it's gluten-free and high in protein.

**Teff:** A tiny grain that packs a protein punch.

**Chickpeas:** Great for salads, hummus, or roasting.

**Lentils:** Versatile and can be used in soups, stews, and salads.

**Black Beans:** Perfect for chili, salads, and wraps.

**Hemp Seeds:** Add them to smoothies, salads, or yogurt for a protein boost.

**Almonds:** Snack on them or add to your meals for extra protein.

**Nutritional Yeast:** Cheesy-tasting topping that's also a good protein source.

**Green Peas:** Great in stir-fries, soups, and salads.

**Edamame:** A good source of protein if you're not soy sensitive.

**Chia seeds:** Good in smoothies, oatmeal, salads, pudding, baked goods



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## Protein, gluten-free flours:

- **Chickpea Flour:** Also known as besan, it's high in protein and fiber, making it a great choice for savory dishes.
- **Quinoa Flour:** Packed with protein and essential amino acids, it's a nutritious option for baking.
- **Soy Flour:** Made from soybeans, it's high in protein and can be used in a variety of recipes.
- **Almond Flour:** Rich in protein and healthy fats, it's perfect for baking and adds a nutty flavor.
- **Buckwheat Flour:** Despite its name, it's gluten-free and high in protein, making it great for pancakes and noodles.
- **Amaranth Flour:** High in protein and minerals, it's a nutritious choice for baking.
- **Teff Flour:** Packed with protein and fiber, it's commonly used in Ethiopian cuisine.
- **Sorghum Flour:** High in protein and fiber, it's a great gluten-free alternative for baking.
- **Pea Flour:** Made from green peas, it's high in protein and has a mild flavor.
- **Lupin Flour:** Derived from lupin beans, it's high in protein and fiber, making it a great gluten-free.





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## Highest Protein Greens:

- **Edamame:** One cup of prepared edamame contains about 18.4 grams of protein. It's also rich in vitamins and minerals, making it a great addition to your diet.
- **Broccoli:** This cruciferous vegetable offers about 4 grams of protein per cup. It's also packed with vitamins C and K, fiber, and antioxidants.
- **Brussels Sprouts:** One cup of Brussels sprouts contains around 4 grams of protein. They are also high in fiber and vitamins C and K.
- **Spinach:** One cup of raw spinach has about 0.7 grams of protein per cup. It's a powerhouse of nutrients, including iron, calcium, and vitamins A and C.
- **Asparagus:** This vegetable provides about 4 grams of protein per cup. It's also a good source of vitamins A, C, E, and K, as well as folate and fiber.



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## High Protein Snack Ideas:

### **Roasted Pumpkin Seeds:**

Toss pumpkin seeds with olive oil and spices, then roast for a crunchy and protein-rich snack.

### **Protein Pudding:**

Mix gluten free vegan protein powder with avocado, almond milk, and cocoa powder for a protein-rich and satisfying snack.

### **Tofu and Cucumber:**

Top cucumber slices with smoked salmon for a high protein and omega-3 rich snack.

### **Quinoa and Veggie Stuffed Peppers:**

Stuff roasted bell peppers with quinoa, veggies, and Nutritional Yeast Seasoning for a protein-packed and vegetarian snack.

### **Apple and Peanut Butter:**

Pair apple slices with any nut butter for a protein and fiber-rich snack.

### **Chickpea Salad:**

Mix canned chickpeas with veggies, herbs, and dressing for a protein-rich and vegetarian snack.





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## **Protein Muffins:**

Bake muffins with vegan protein powder, oats, and fruit/or shredded veggies for a filling and protein-rich snack.

## **Tofu Salad Lettuce Wraps:**

Mix cooked tofu with avocado, veggies, and herbs, then wrap in lettuce leaves for a protein-packed snack.

## **Chocolate Covered Almonds:**

Dip almonds in melted dark chocolate for a protein and antioxidant-rich snack.

## **Tofu Scramble:**

Scramble tofu with veggies, herbs, and spices for a protein-rich and vegan snack.

## **Roasted Red Pepper Hummus:**

Blend roasted red peppers with chickpeas and spices for a protein-rich dip for veggies or crackers.



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## **Tahini & Banana Toast:**

Whole grain gluten free bread, spread tahini, and slices of banana, with drizzle of date syrup and sprinkled with hemp or chia seeds optional.

## **Lentil Salad:**

Mix cooked lentils with veggies, herbs, and dressing for a protein-rich and vegetarian snack.

## **Tomato and Avocado Toast:**

Top toast with Tomato and sliced avocado for a protein-rich and omega-3 rich snack.

## **Spicy Roasted Almonds:**

Toss almonds with hot sauce and spices, then roast for a protein-rich and spicy snack.

## **Kale Chips:**

Toss kale with olive oil and spices, then bake for a protein-rich and crunchy snack.

## **Nutritional Yeast:**

Adds a cheesy flavor without dairy.





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## **Peanut Butter and Apple Slices:**

Spread peanut butter on apple slices for a protein-rich and satisfying snack.

## **Hummus and Veggies:**

Dip sliced veggies into homemade or store-bought hummus for a protein-packed snack.

## **Roasted Edamame:**

Toss edamame with olive oil and spices, then roast for a crunchy and protein-rich snack.

## **Homemade Trail Mix:**

Combine nuts, seeds, and dried fruit for a filling and protein-rich snack.

## **Protein Balls:**

Mix nut butter, oats, and protein powder for a satisfying and protein-rich snack.

## **Savory Tofu Bites:**

cube tofu marinated in a mix of soy sauce, nutritional yeast, olive oil, smoked paprika, garlic powder, onion powder, and black pepper, then baked until crispy.



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## **Quinoa Salad:**

Cook quinoa and mix with veggies, herbs, and dressing for a protein-packed snack.

## **Roasted Chickpeas:**

Toss chickpeas with olive oil and spices, then roast for a crunchy and satisfying snack.

## **Homemade Protein Bars:**

Mix nut butter, oats, protein powder, and agave for a homemade protein bar.

## **Nut Butter on GF Crackers:**

Top crackers with a nut butter of your choice for a high protein and omega-3 rich snack.

## **Avocado & Chickpea Salad Toast:**

mashed avocado and chickpeas with tahini, lemon juice, garlic, salt, and pepper, spread on toasted bread.

## **Roasted Nuts:**

Toss mixed nuts and pumpkin seeds with olive oil and spices, then roast for a protein-rich and crunchy snack.





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## **Peanut Butter and Banana Smoothie:**

Blend banana, nut butter, coconut yogurt, and almond milk for a protein-packed smoothie, add your favorite vegan protein powder.

## **Chocolate Peanut Butter Protein Bars:**

Mix protein powder, peanut butter (any nut butter) agave, and oats for a delicious and protein-rich snack bar.

## **Protein Pancakes:**

Mix protein powder with flax see egg substitute and banana, then cook for a filling and protein-rich snack.

## **Cashew Cheese:**

Blend soaked cashews with lemon juice, garlic, and nutritional yeast for a creamy, cheese-like texture to add to any snack.

## **Chia Seed Pudding:**

Chia seeds are a great source of plant-based protein and can be mixed with almond milk, sweetener, and fruit to make a delicious and filling snack.



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## **Chocolate Avocado Pudding:**

Mix avocado, cocoa powder, almond or coconut milk, and protein powder for a protein-rich and chocolatey snack.

## **Ants on a Log:**

Spread peanut butter on celery sticks and top with raisins for a protein-rich and fun snack.

## **Edamame Hummus:**

Blend edamame, Silken Tofu, or Plant-Based Yogurt, garlic, and lemon juice for a protein-packed and flavorful dip.

## **Baked Sweet Potato Fries:**

Cut sweet potatoes into fries, coat with olive oil and spices, then bake for a protein-rich and delicious snack.

## **Homemade Trail Mix:**

Combine nuts, seeds, and dried fruit for a filling and protein-rich snack.

## **Vegan High-Protein Chickpea Naan:**

Mix 1 cup chickpea flour, 1/2 cup water, 1 tablespoon olive oil, 1 teaspoon baking powder, 1/2 teaspoon salt, and 1/2 teaspoon garlic powder. Cook spoonful's of the batter on a hot skillet until golden brown on both sides.







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