

Alternative Protein Sources

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In this 90 minute presentation Janella will show you what each ingredient looks like, explain the different ways they are available and what to do with them. And how to get these high protein foods regularly, affordably and easily into your diet.

Protein Levels in Food – in grams per 100grams

Spirulina 68

Soybeans 35 (organic)

Nori 35 (not from Japan)

Lentils 25

Sunflower Seeds 24

Sardines 24 (sustainable)

Tempeh (organic) 20

Almonds 19

Quinoa (local) 18

Amaranth 16

Spelt 15

Wakame (seaweed) 13

Sourdough Bread 10

To compare red meat has 15-25g and chicken 15-25g)

Other – eggs, goji berries, tofu, goats milk, sustainable fish

Recipe ideas to discuss

Lentil Tabouli with Quinoa

Nori rolls with Amaranth/Quinoa and Tempeh

Sardines on Spelt Sourdough Toast with LSA

Soymilk Smoothie with Spirulina, fruit, maca, almond meal

Lentil Casserole with Grains and Seaweed

Spelt Flakes with Soy/Almond Milk, LSA, puffed amaranth or quinoa, goji berries, sunflower seeds and fruit

Bliss Balls with spirulina, almonds, sunflower seeds, tahini, rice syrup, puffed amaranth, goji berries

Frittata with Tofu, Pumpkin, Macadamia Pesto, Goats Feta, Soymilk

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