

Vegetarian Protein Combinations

A well planned vegetarian diet can meet your daily nutrient needs including protein. Beans, legumes, nuts, seeds and dairy products are good sources of protein and by eating a variety of these foods a vegetarian should have no trouble getting enough protein. Certain combinations of plant protein foods can create what is known as a “complete protein” which is the same sort of protein found in meat. Dairy products also have complete proteins just as they are. Here are examples of tasty combination plant proteins that create a complete protein.

Combinations of Plant Protein	Food Examples
Grains plus legumes	Black beans and rice
	whole grain pasta tossed with peas, almonds, and your favorite sauce
	Bean soup with whole grain crackers
	Split pea soup with whole grain or seeded crackers or bread
	Hummus and pita bread
	Pasta with beans
	Veggie burgers on bread
Grains plus nuts and seeds	Whole wheat toast with peanut butter
	Nut butter on whole grain bread
Nuts and seeds plus legumes	Lentil soup with a serving of almonds on the side
Corn plus legumes	Pinto beans in a corn tortilla
	Tortillas with refried beans

