

*Plant-Based  
Nutrition Guide:  
Protein Focus*





## *Why Protein Matters*

Protein is essential for building and repairing tissues, making enzymes and hormones, and supporting immune function. Adults typically need about **0.8 grams of protein per kilogram of body weight per day** (roughly **46g for women** and **56g for men**), though needs can increase with activity or health conditions.

# *Protein Content: Plant-Based vs. Animal-Based*

<b>Food Item</b>	<b>Protein per 100g</b>	<b>Notes</b>
Chicken breast (cooked)	31g	Complete protein with all essential amino acids
Eggs (whole)	13g	High-quality complete protein
Salmon (cooked)	25g	Complete protein, rich in omega-3
Spirulina (dried powder)	57g	Plant-based complete protein, nutrient-dense
Chia seeds (dry)	17g	High in protein and fiber, good amino acid profile
Lentils (cooked)	9g	Good plant protein, high fiber
Quinoa (cooked)	4.4g	Complete plant protein
Tofu (firm)	8g	Complete plant protein
Black beans (cooked)	8.9g	Good protein and fiber source

# *Clean Plant Proteins: Easier on Your Kidneys*

Plant proteins produce fewer nitrogenous waste products compared to animal proteins. This reduces the workload on the kidneys, which is especially beneficial for individuals with kidney concerns.

Plant foods come with fiber, antioxidants, and phytonutrients that promote overall health and reduce inflammation.

They typically contain less saturated fat and cholesterol than animal proteins, contributing to heart and kidney health.

## *How Much Protein Do You Need?*

General guideline:

**0.8g protein/kg body weight/day**

For a 70 kg (154 lbs) person:

$70 \text{ kg} \times 0.8 \text{ g/kg} = \mathbf{56g \text{ protein/day}}$

# *Sample Plant-Based Protein Meal Plan*

## *(Approx. 56g Protein)*

Meal	Food Item & Amount	Protein (g)
Breakfast	Smoothie with 2 tbsp spirulina (14g), 2 tbsp chia seeds (5g), 1 cup soy milk (7g)	26g
Snack	1/4 cup almonds	7g
Lunch	Quinoa salad with 1 cup cooked quinoa (8g), 1/2 cup black beans (7g)	15g
Dinner	Stir-fry with 1 cup tofu (20g) and mixed veggies	20g

**Total protein: ~68 grams**

**(slightly above daily need, great for active individuals)**

## *Key Takeaways*

- Plant proteins can fully meet daily protein needs when combined properly throughout the day.
- Spirulina is an excellent concentrated source of complete plant protein, higher than many other plant foods.
- Chia seeds contribute not only protein but also fiber and healthy fats.
- A plant-based diet promotes kidney health and lowers risks associated with animal protein overload.
- Variety is key—include legumes, grains, seeds, nuts, and plant-based protein powders for balance.