

— FREE QUICK-START • EVERYDAY EATING

# The Complete *Plant Protein* Matrix

Protein per portion and the limiting amino acid for twenty plant foods, a plate builder that adds up to 25–30 g, and a daily target for your weight.



20

FOODS SCORED

25–30 g

PER MEAL

5

WORKED PLATES

2

CALCULATORS



NUTRITION • FREE QUICK-START

# The Complete Plant Protein Matrix

Grams of protein per portion for the plant foods that matter most, each one's limiting amino acid and the preparation it needs, plus a plate builder that adds up to 25–30 g and a daily target for your body weight.

20

**FOODS SCORED**

protein and limiting amino acid

25–30 g

**PER MEAL**

the dose muscle responds to

5

**WORKED PLATES**

that add up

2

**CALCULATORS**

your target and your plates

## How to use this matrix

10 MINUTES

**STEP 1**

### Find your daily target

Type your weight on the plate-builder page; it works out a daily range and a per-meal amount.

**STEP 2**

### Pick two anchors

One legume or soy food and one grain or seed you like. They are the backbone of every 25–30 g plate.

**STEP 3**

### Build two plates

Use the builder to check two meals add up to 25–30 g, then cook them this week.

### KIDNEY DISEASE CHANGES THE PROTEIN MATH

If you have chronic kidney disease or have been told to limit protein, do not raise your protein, plant or otherwise, without your clinician or renal dietitian setting your target. Always boil dried kidney beans hard for 10 minutes before slow cooking; raw or undercooked kidney beans cause poisoning.

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# Why Plants Complete Each Other

3 SOURCES

The "plant protein is incomplete" objection is real chemistry with a simple fix: most plant foods are short of one essential amino acid, and foods short of different ones complete each other.

**Completeness works across the day.** You do not need rice and beans on the same fork. Legumes are short of methionine and grains of lysine; eaten across the day, they cover each other. Soy, quinoa and hemp are close to complete on their own.

**Aim for 25–30 g per meal.** Muscle responds to a threshold dose of protein, and of the amino acid leucine, at each meal; older adults need about 30 g. Plant eaters reach it by combining two or three sources, which the plate builder does for you.

**Tolerance is the hidden variable.** The sugars in legumes cause the gas that makes people quit. Rinsing, soaking, pressure-cooking and fermented foods like tempeh cut that load, and in a feeding study most people found the extra gas settled within two to three weeks.

## THE EVIDENCE BEHIND IT

FAO 2013; HERREMAN ET AL., 2020

Soy, pea and potato protein score high for quality; legumes are short of methionine and grains of lysine; legume-grain blends score close to animal protein.

MOORE ET AL., J GERONTOL 2015

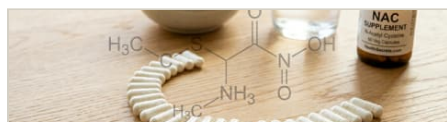
Older adults needed about 0.40 g/kg of protein per meal (roughly 30 g) to maximize muscle protein synthesis, against 0.24 g/kg in younger adults.

WINHAM & HUTCHINS, NUTR J 2011

Half a cup of beans a day: under half of people noticed more gas in week one, and for most of them it settled by weeks two to three.

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# Twenty Plant Proteins

TICK YOUR ANCHORS

| LIKE                     | FOOD                             | PORTION        | PROTEIN<br>G | SHORT OF              | PREPARATION                                                                         |
|--------------------------|----------------------------------|----------------|--------------|-----------------------|-------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Lentils, cooked                  | 1 cup          | 18           | Methionine            | No soak needed; the best-tolerated whole legume.                                    |
| <input type="checkbox"/> | Split peas, cooked               | 1 cup          | 16           | Methionine            | No soak; long simmer; pairs with grains.                                            |
| <input type="checkbox"/> | Black beans, cooked              | 1 cup          | 15           | Methionine            | Soak and discard the water to cut the gas-forming sugars.                           |
| <input type="checkbox"/> | Kidney beans, cooked             | 1 cup          | 15           | Methionine            | Dried: soak, then boil hard 10 minutes before simmering. Canned are already cooked. |
| <input type="checkbox"/> | Chickpeas, cooked                | 1 cup          | 15           | Methionine            | Rinse canned; blend into hummus in the first weeks.                                 |
| <input type="checkbox"/> | Edamame (shelled)                | 1 cup          | 17           | Nearly complete (soy) | Boil from frozen 4 minutes.                                                         |
| <input type="checkbox"/> | Tempeh                           | 100 g          | 19           | Nearly complete (soy) | Fermented: the most digestible bean food. Steam 10 minutes, then sear.              |
| <input type="checkbox"/> | Tofu, firm                       | 150 g          | 24           | Nearly complete (soy) | Press 20 minutes; bake or sear.                                                     |
| <input type="checkbox"/> | Seitan                           | 100 g          | 25           | Lysine (strong)       | Wheat gluten: pair with a legume. Not gluten-free.                                  |
| <input type="checkbox"/> | Soy milk, unsweetened            | 1 cup          | 8            | Nearly complete (soy) | Choose calcium-fortified.                                                           |
| <input type="checkbox"/> | Textured vegetable protein (dry) | 1/4 cup (30 g) | 15           | Nearly complete (soy) | Rehydrate 10 minutes in hot stock.                                                  |
| <input type="checkbox"/> | Quinoa, cooked                   | 1 cup          | 8            | None strongly         | Rinse until it stops foaming.                                                       |
| <input type="checkbox"/> | Hemp seeds                       | 3 tbsp         | 9            | Lysine (mild)         | Sprinkle; no prep.                                                                  |
| <input type="checkbox"/> | Pumpkin seeds                    | 1 oz           | 9            | Lysine (mild)         | Raw or lightly toasted.                                                             |
| <input type="checkbox"/> | Peanut butter                    | 2 tbsp         | 8            | Lysine and methionine | Pair with soy milk or a legume, not only with bread.                                |
| <input type="checkbox"/> | Whole-wheat pasta, cooked        | 1 cup          | 7            | Lysine (strong)       | Completes with a lentil or bean sauce.                                              |

| LIKE                     | FOOD               | PORTION | PROTEIN G | SHORT OF        | PREPARATION                            |
|--------------------------|--------------------|---------|-----------|-----------------|----------------------------------------|
| <input type="checkbox"/> | Oats, dry          | 1/2 cup | 5         | Lysine          | Completes with soy milk or soy yogurt. |
| <input type="checkbox"/> | Brown rice, cooked | 1 cup   | 5         | Lysine (strong) | The classic partner for any legume.    |
| <input type="checkbox"/> | Green peas, cooked | 1 cup   | 8         | Methionine      | Very well tolerated.                   |
| <input type="checkbox"/> | Nutritional yeast  | 2 tbsp  | 5         | None            | Choose B12–fortified.                  |

Legumes are short of methionine and grains of lysine: pair one of each across the day. Soy, quinoa and hemp are close to complete alone.

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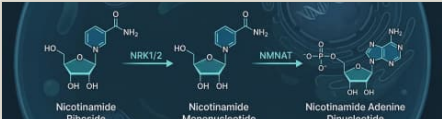
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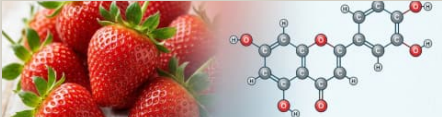


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HealthSecrets THE COMPLETE PLANT PROTEIN MATRIX

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# The Plate Builder

CALCULATES

MY DAILY TARGET

BODY WEIGHT (KG)

In pounds: divide by 2.2 first.

DAILY AT 1.2 G/KG

PER MEAL (0.4 G/KG)

PLATE 1

1.

2.

3.

TOTAL

PLATE 2

1.

2.

3.

TOTAL

FIVE PLATES THAT ADD UP

| PLATE                                                            | PROTEIN G |
|------------------------------------------------------------------|-----------|
| Lentils 1 cup + brown rice 1 cup + hemp 2 tbsp                   | 29        |
| Tempeh 100 g + quinoa 1 cup                                      | 27        |
| Tofu 100 g + whole-wheat pasta 1 cup + nutritional yeast 2 tbsp  | 28        |
| Black beans 1 cup + brown rice 1 cup + pumpkin seeds 1 oz        | 29        |
| Edamame 1 cup + peanut butter 2 tbsp + 1 slice whole-grain toast | 28        |

Typical values added up from the matrix; brands vary, so check the labels you buy. Each plate also brings 8 to 15 g of fiber.

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# From Two Plates to a Week of Batch Meals

COMPANION E-BOOK

This matrix gets two plates right. **The Plant Protein Meal-Prep Blueprint** cooks the whole week in one Sunday session, with fifteen batch formulas, a tolerance ladder for your gut and four weeks of tracking.

## The full amino acid matrix

twenty-three foods with protein, leucine, limiting amino acid and quality band, and the pairing rules.

## Preparation for an easy gut

soaking, pressure-cooking, sprouting and fermenting, a cooking-time table and a four-week tolerance ladder.

## Fifteen batch-prep formulas

each with protein, leucine and fiber per serving, storage, and low-FODMAP, gluten-free and higher-protein versions.

## The batch schedule and trackers

a two-hour Sunday timeline, a week planner, and four weekly protein and gut trackers that add themselves up.

## THIS FREE MATRIX

- ✓ Twenty foods with protein and limiting amino acid
- ✓ A plate builder and a daily target for your weight
- ✓ Preparation notes for every legume

## THE BLUEPRINT ADDS

- ✓ Fifteen batch-prep formulas with protein counted
- ✓ A two-hour Sunday batch schedule
- ✓ Full preparation techniques and a tolerance ladder
- ✓ Four weekly trackers that add themselves up

## FILLABLE PDF E-BOOK

Print it or fill it on screen; the calculators work in Acrobat and most browsers, plus a free online edition.

## EVIDENCE-LED

Built on protein-quality and muscle-synthesis research, with sources. No dogma.

## ONE-TIME PAYMENT

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Evidence-based CoQ10 guide covering ubiquinol vs ubiquinone, heart health...

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|                                                                                                                   |                                           |
|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| FAO Expert Consultation, Dietary protein quality evaluation (DIAAS), 2013; Herreman L. et al., Food Sci Nutr 2020 | Protein quality and limiting amino acids. |
| Moore D.R. et al., J Gerontol 2015                                                                                | Per-meal protein dose.                    |
| Winham D.M. & Hutchins A.M., Nutr J 2011; US FDA Bad Bug Book (kidney bean lectin)                                | Legume tolerance; kidney beans safety.    |
| USDA FoodData Central                                                                                             | Protein per portion (rounded).            |

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THIS WEEK

# Two plates that add up. *Now batch the week.*

## 01 • TWO ANCHORS

One legume or soy food and one grain or seed you like.

## 02 • BREAKFAST

Soy milk, soy yogurt, hemp or tofu: the meal most likely to fall short.

## 03 • GO FURTHER

The Meal-Prep Blueprint cooks the whole week in one session.

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