

GUT HEALTH · NUTRITION · FREE MATRIX

The Complete Plant Protein Matrix

Grams of protein per cooked portion for the plant sources that actually matter, with each one's limiting amino acid and the tolerance prep it needs — plus a 25–30 g meal builder and the complementarity rules that make plants complete.

20+ sources scored

Limiting amino acids

25–30 g meal builder

Tolerance prep notes

4-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

The "plant protein is incomplete" objection is real chemistry with a simple fix: most plants are low in one indispensable amino acid, and the groups that are low in different ones complete each other.

Completeness is a day-level property. You do not need rice and beans on the same fork. Eating lysine-rich legumes and methionine-rich grains and seeds across the day pools the amino acids your body needs; the matrix below makes the pairings obvious.

Aim for 25–30 g per meal. Muscle protein synthesis responds to a threshold dose of protein and leucine per sitting. Plant eaters hit it by combining two or three sources, which the meal-builder table does for you.

Tolerance is the hidden variable. Legumes' oligosaccharides cause the wind that makes people quit. Soaking, rinsing, pressure-cooking and fermenting cut that load dramatically — the matrix notes which prep each source needs.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
Protein-quality (DIAAS/PDCAAS) research	Soy, and well-combined legume-grain meals, meet indispensable amino acid requirements.
Muscle protein synthesis studies	A ~25–30 g per-meal protein dose with adequate leucine drives the synthesis response.
Legume-processing studies	Soaking, rinsing, pressure-cooking and fermentation reduce oligosaccharides and improve tolerance.

QUICK START — THE NEXT TEN MINUTES

- 1

Pick your two anchors
One legume and one grain or seed you actually like. They are the backbone of every 25–30 g meal.
- 2

Use the meal builder
Page 3 combines sources into 25–30 g plates. Copy two into this week.
- 3

Prep for tolerance
Soak and rinse legumes, pressure-cook where possible, and lean on fermented sources like tempeh while your gut adapts.
- 4

Spread it across the day
Two or three 25–30 g meals beat one huge dinner; completeness and dose both improve.

KIDNEY DISEASE CHANGES THE PROTEIN MATH

If you have chronic kidney disease or have been told to restrict protein, do not use a high-protein plan — plant or otherwise — without your clinician or renal dietitian setting your target. The matrix is for building adequacy, not for overriding a prescribed restriction.

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THE REFERENCE

The plant protein matrix

Protein per cooked portion, the limiting amino acid, and the prep that makes each source tolerated. "Complete" sources need no partner; the rest complete across the day.

SOURCE	PORTION	G	LIMITING	TOLERANCE PREP
Lentils, cooked	1 cup	18	Methionine	Rinse well; simmer until soft — the most tolerated legume.
Split peas, cooked	1 cup	16	Methionine	Rinse; long simmer; pairs with grains.
Black beans, cooked	1 cup	15	Methionine	Soak and discard water to cut oligosaccharides.
Kidney beans, cooked	1 cup	15	Methionine	Always fully cooked; rinse canned.
Chickpeas, cooked	1 cup	14	Methionine	Rinse canned; roast or blend for tolerance.
Edamame	1 cup	17	Complete (soy)	Steam; minimal prep needed.
Tempeh	100 g	19	Complete (soy)	Fermented — the most digestible soy; pan-sear.
Tofu, firm	150 g	13	Complete (soy)	Press 15 min; sear or bake.
Seitan	100 g	25	Lysine	Pair with a legume to complete.
Soy milk	1 cup	7	Complete (soy)	Fortified versions add calcium.
Quinoa, cooked	1 cup	8	Complete	Rinse to remove saponins.
Hemp seeds	3 tbsp	10	Complete	Sprinkle; no prep.
Pumpkin seeds	1 oz	9	Lysine	Raw or lightly toasted.
Peanut butter	2 tbsp	8	Methionine	Pair with whole grain.
Whole-wheat pasta	1 cup	7	Lysine	Completes with legume sauce.
Oats, dry	1/2 cup	5	Lysine	Completes with seeds or soy milk.
Brown rice, cooked	1 cup	5	Lysine	The classic legume partner.
Green peas, cooked	1 cup	8	Methionine	Very well tolerated.

Legume + grain

Lysine-rich beans meet methionine-rich rice, wheat or oats. The classic complete.

Legume + seed or nut

Beans with hemp, pumpkin or peanut complete the same way, with extra minerals.

Soy stands alone

Edamame, tempeh, tofu and soy milk are complete by themselves — the anchors.

HOW TO READ THE LIMITING COLUMN

The limiting amino acid is the one a source runs short of first. It only matters if that source were your only protein — which it never is. Pair a methionine-limited legume with a lysine-limited grain or seed anywhere in the same day and the pair is complete; the column tells you which partner to reach for, not which food to avoid.

THE APPLICATION

Build 25–30 g plates, and keep your gut on side

Copy two of these into this week, then use the tolerance ladder to make the legumes comfortable enough to repeat.

WORKED PLATE	PROTEIN
Lentils 1 cup + brown rice 1 cup + hemp 2 tbsp	30 g
Tempeh 100 g + quinoa 1 cup	27 g
Tofu 150 g + whole-wheat pasta 1 cup + nutritional yeast 2 tbsp	28 g
Black beans 1 cup + brown rice 1 cup + pumpkin seeds 1 oz	29 g
Edamame 1 cup + peanut butter 2 tbsp on whole grain	25 g

Values are typical and additive from the matrix; confirm with your brands. Each plate also lands 8–15 g of fibre, which is the bonus animal protein cannot offer.

THE TOLERANCE LADDER FOR LEGUMES

1

Rinse and soak. Soak dried legumes and discard the water; rinse canned ones well. A large share of the gas-forming oligosaccharides is water-soluble and leaves with it.

2

Pressure-cook. Full heat breaks down the oligosaccharides and anti-nutrients further than a gentle simmer, and halves the time.

3

Ferment or sprout. Tempeh, miso and sprouted legumes are pre-digested by microbes or germination — the most tolerated forms.

4

Start small, advance slowly. A quarter cup daily, doubling weekly, lets the colonic flora adapt. Pair with the Bristol log to watch it happen.

A DAY THAT HITS 75–90 G WITHOUT MEAT

BREAKFAST
Oats + soy milk + hemp
1/2 cup oats, 1 cup soy milk, 3 tbsp hemp, peanut butter 1 tbsp — about 25 g.

LUNCH
Lentil-rice bowl
1 cup lentils, 1 cup brown rice, pumpkin seeds — about 28 g.

DINNER
Tempeh + quinoa
100 g tempeh, 1 cup quinoa, greens — about 27 g.

My two anchors this weekPlates builtTolerance (0–3)

Ready for the Complete Step-by-Step Blueprint?

This matrix gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Plant Protein Meal-Prep Blueprint

Twenty-five to thirty grams of complete protein per meal from whole plant foods, prepared so your gut tolerates them.

Clinical Practice Series · 45 pages · A4 print + fillable

Plant Protein Meal-Prep Blueprint

Achieve 25–30 g of complete protein per meal from whole-food plant sources without gut distress or bland meals.

45 pages

45-Page Guide + 15 Formulas

Clinical Practice Series

\$19 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The complete amino acid matrix** — every source scored for quality and limiting amino acid, in full depth.
- 1 Digestive preparation techniques** — soak, sprout, pressure-cook and ferment, step by step, for each legume.
- 1 15 batch-prep recipes** — 25–30 g plates that survive four days in the fridge and still taste good.
- 1 The 5-day batch schedule** — one cooking session that stocks the whole working week.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free matrix already gives you

- ☐ The plant protein matrix with limiting amino acids
- ☐ A 25–30 g meal builder with worked plates
- ☐ Tolerance prep notes for every legume

What only the 45-page edition has

- ☐ Fifteen tested batch-prep recipes with macros
- ☐ A 5-day batch schedule that cooks once, eats all week
- ☐ Full digestive-prep technique, legume by legume
- ☐ The amino-acid detail behind every complementarity pairing

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/PLANT-PROTEIN-MEAL-PREP-BLUEPRINT](https://healthsecrets.com/products/plant-protein-meal-prep-blueprint)

<https://healthsecrets.com/products/plant-protein-meal-prep-blueprint>

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A4 print + fillable

Tape the matrix inside the pantry; plan two anchors a week.

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