

Vegetarian and Vegan Options for Protein

Gluten Free Options & Tips

Common issues:

1. Use of too much dairy
2. Difficulty getting some nutrients particularly enough protein
3. Absolutely needs the Activated B complex to ensure enough B vitamins.
4. Tend to use high glycemic impact foods like grains, breads, pastas, high starch veggies like potatoes, and Legumes.

Differences:

Differences Between Vegetarian & Vegan generally are that Vegetarians will often eat fish and eggs or animal based dairy. Vegan will not consume any animal based products.

Useful Options :Vegan & Gluten Free

Hemp Hearts are a great option for supplementing extra protein and provides Omega 3. Hemp Hearts produced in Canada are the only type you should recommend. You can use them ON EVERYTHING. Nutiva brand is sold on our portal, is produced in Canada, is raw and organic. They will also not cause a positive drug test since the THC component is in the hulls, not the seed. Here is an [FAQ LINK for Nutiva: \(Link\)](#)

Chia Seeds have 4 grams of protein per ounce. 12 grams of Carbs with 11 grams of Fiber for 1 Net Carb. It has 8 grams of healthy fats per ounce.

Miracle Noodles for Vegetarians or anyone who loves pasta. It is a soluble fiber so it really is never used in the body for anything but extra fiber. Yet it tastes like noodles. Soy free, Carb free and Wheat free. Helps you feel full and satisfied longer.

Preparation: Just drain the pack and rinse in a strainer or collander for a couple of minutes. Lightly boil for 1 min.

Veggetti Vegetable Spiral Slicer for vegetable spaghetti. Sold on your portal... your clients will love you!



Vegetarian Resource Recipe Links:

If you choose to utilize these links, you should test the recipes and also ensure they are LOW GLYCEMIC IMPACT FOODS and have all four of the components of a Balanced Plate:

Additional Links & Resources

[Addicted To Veggies:](#) Experience Raw Foods that are amazing. A fascinating site.



See the [Protein Levels in Food List](#) which also indicates Alkaline & Acid foods.

[Against All Grain](#) blog: A great GRAIN Free food idea site, just remember blogs also promote competitor products so careful where you send people

[Pinterest:](#) Search Healthy Vegan & Vegetable recipes. Just remember many are High Glycemic so look at the ingredients and see if it qualifies as Lifestyle friendly.

[Raw Edibles Blog](#) is another great innovative Raw food blog

Nutritional information on [Hemp Hearts:](#)

[Homemade Yogurt](#) : Some are dairy free

[The Smart Vegetarian:](#) Addresses Kosher Vegetarian, Ethnic foods and more:

Note: Most **Gluten free** options are **HIGH GLYCEMIC**. Most use brown rice flour etc. You want to look for **grain free legume, nut or coconut flours in products**. ALWAYS check NET CARBS. (Total Carbs – Fiber = Net Carbs)