



The Nervous System Reset

Healthy Protein: Building Balanced Plant-Based Meals

Protein is an essential part of the diet and should be included at every meal. It provides amino acids required for many body functions, including muscle repair, neurotransmitter production, and energy metabolism.

Both animal and plant foods can provide protein. Animal sources such as meat and eggs contain all essential amino acids, while plant-based proteins are often lower in one or more amino acids and benefit from variety and combination.

A simple way to support balanced protein intake is to use a **“mix and match” approach with plant foods.**

Why Protein Matters

Including adequate protein may help support:

- Energy and metabolism
- Muscle repair and recovery
- Healthy brain and neurotransmitter function
- Stable appetite and satiety

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How to Build a Complete Plant Protein

To create a balanced plant-based protein, simply:

Combine any 2 of the 3 food groups below in the same meal or across the day.

Your 3 Protein Food Groups

1. Whole Grains

Provide energy and contribute to protein intake

Brown rice, barley, oats, millet, corn, amaranth

2. Nuts & Seeds

Provide protein, healthy fats, and key minerals

Sunflower seeds, sesame seeds, pumpkin seeds, almonds, walnuts, cashews, nut butter, tahini, seed sprouts

3. Legumes

The main plant-based protein source

Chickpeas, lentils, peas, black beans, kidney beans, black-eyed beans, cannellini beans, borlotti beans, bean sprouts

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How to Use This Guide

At each meal, aim to:

- Choose **any 2 groups** above
 - Combine them in a meal or snack
 - Rotate choices for variety and nutrient diversity
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Simple Examples

- Brown rice + lentils + vegetables
 - Chickpea hummus + wholegrain crackers
 - Black beans + corn + avocado
 - Oats + nut butter + seeds
 - Bean chilli served with millet
 - Wholegrain toast + tahini + seeds
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Key Message

You do not need to combine all three groups at every meal — **two is enough** to create a balanced protein intake when eating plant-based foods.

Final Tip

Aim for variety across the day and week. The more diverse your plant foods, the easier it is to meet protein and nutrient needs.