

# High Protein Vegan Hearty Whole Food Meals Raw Desserts And More

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### High Protein Vegan Hearty Whole

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protein sources Being vegan has taught me to regard a high protein meal as something integrated and complex (a split pea stew, for instance, or a hearty grain salad of quinoa, legumes, and seeds), rather than looking for a single block of concentrated protein ...

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### **A JUMP START GUIDE - High Carb Hannah**

I love to build my meals around hearty grains (as well as starchy vegetables) since these are rich in fibre, protein, B vitamins and zinc LEGUMES  
Another important plant-based group is the bean group which also includes peas and lentils and chickpeas Legumes are well known as great source of fibre as well as protein...