



Soaring Free

How much protein do you need per day?

Calculate your daily protein requirements to make sure your body is getting enough protein for :

- muscle restoration
- tissue repair
- collagen synthesis (youthful skin)
- & keratin synthesis (healthy hair growth)

Here's how...

It is recommended to get 2g of protein per 1kg of lean body mass.

Here is how you determine what that means for you...

1. Weigh yourself in the morning before breakfast and before eating or drinking.
2. Determine your body fat percentage.
You can use a smart scale to do so or ask during your next health check-up.
3. Now reduce your weight by your body fat to find your **Lean Body Mass (LBM)**
4. Then calculate your daily protein requirements.

For example:

Step 1 - Find your weight ie. 64kg

Step 2 - Find your body fat % ie. 18%

Step 3 - Find your LBM

ie. If you weigh 64kg & have 18% body fat...

18% body fat = 11.52kg (64kg x 0.18 = 11.52kgs)

Thus Lean Body Mass = 64kg - 11.52kg = 52.48kg

Final Step - find your Daily Protein

Requirements = 2g (protein) x 52.48kg = 104.96g of protein p/d



Top Vegan Protein Superfoods

* Grams protein per 100g



SPIRULINA 62.5



CHLORELLA 58



HEMP POWDER 33.1



HEMP SEEDS 31.5



MATCHA 27.2



MORINGA 22



CACAO POWDER 20



WHEATGRASS 17



MESQUITE 15.9



GOJI BERRIES 13.1



MACA XPRESSO 12.4



CHIA SEEDS 11.4



BLACK MACA 11

Top Vegan Protein Wholefoods



TEMPEH
30g protein per cup



TOFU
20g protein per cup



TEFF
9.8g protein per cup



AMARANTH
9g protein per cup



QUINOA
8g protein per cup



BROWN RICE
2.4g protein per cup



GREEN PEAS
8g protein per cup



LEAFY GREENS
5g per cooked cup



AVOCADO
4g protein per avo



SWEET POTATO
4g protein per cup



EDAMAME
18.5g protein per cup

Top Vegan Protein Wholefoods cont...



**BEANS
(CHICKPEA, BLACK BEANS)**
16g protein per cup



LENTILS
16g protein per cup



NUTRITIONAL YEAST
11g protein per 3 Tbsp



ALMONDS
16g protein per ½ cup



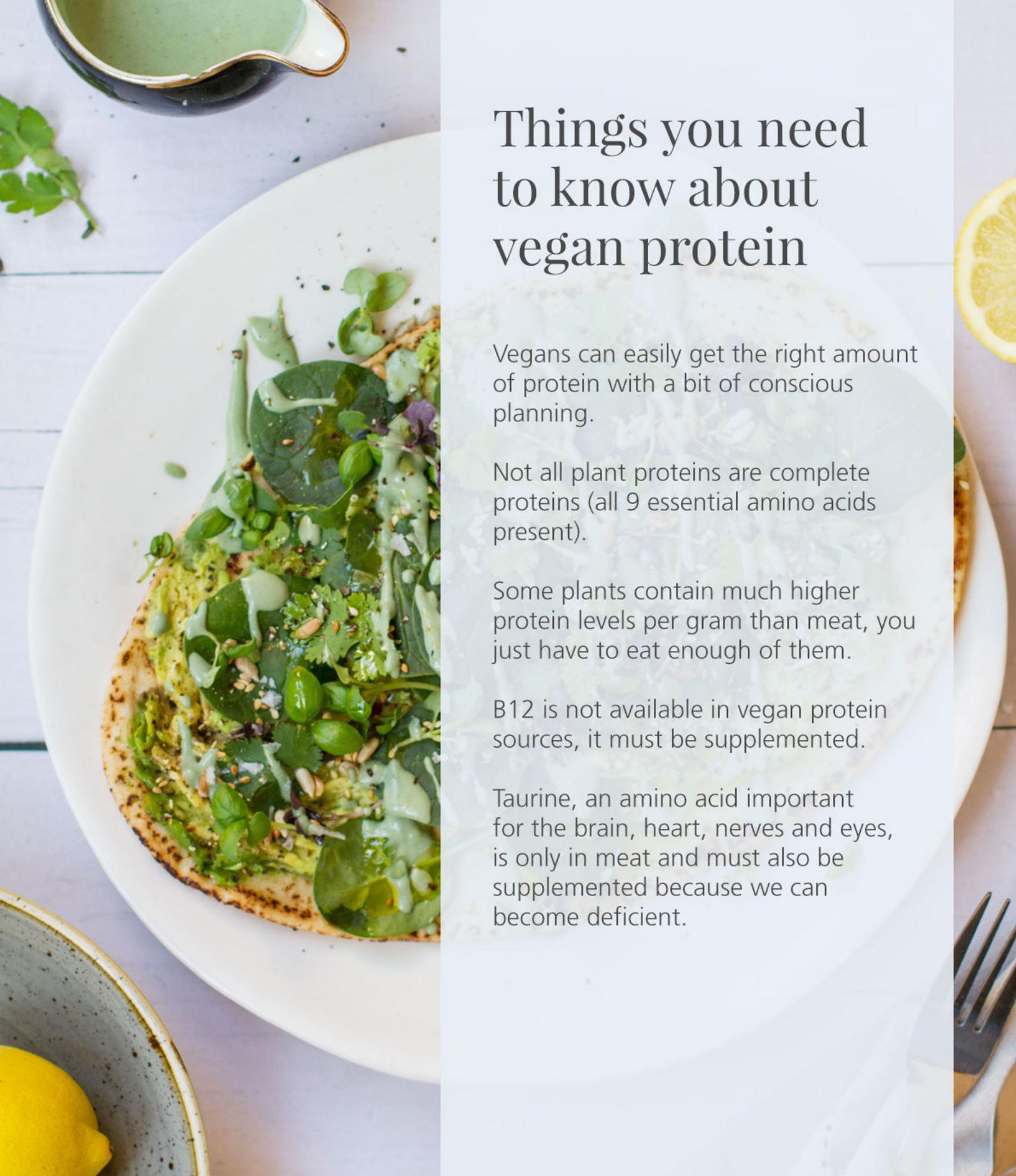
CASHEWS
12g protein per ½ cup



PEANUT BUTTER
12g protein 3 Tbsp

Top Tip

Beans, nuts, seeds and grains should be sprouted/activated before preparation to get maximum protein absorption.



Things you need to know about vegan protein

Vegans can easily get the right amount of protein with a bit of conscious planning.

Not all plant proteins are complete proteins (all 9 essential amino acids present).

Some plants contain much higher protein levels per gram than meat, you just have to eat enough of them.

B12 is not available in vegan protein sources, it must be supplemented.

Taurine, an amino acid important for the brain, heart, nerves and eyes, is only in meat and must also be supplemented because we can become deficient.



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*Soaring Free Superfoods (PTY) LTD is not a qualified healthcare practitioner.
Please consult your qualified healthcare practitioner before making any dietary changes.*