



Here at **The Genomic Kitchen**, we talk a lot about the importance of nutrients, but one that we are adamant about is protein. We estimate you need between 1.6-1.8 grams protein per kilogram of your weight to provide adequate protein for bone nourishment.

We know that everyone is not a fan of animal or seafood, so how do you know which plants are the best source of protein if you prefer plants only, or plants mostly. We created a quick reference guide so that you can zero in on the rich protein sources in the plant world. Then we created this simple recipe pack for you to experiment with these different proteins on your plate.

We kept the recipes very simple so that you can focus on getting nourished versus spending hours in the kitchen.

We included one recipe per quality protein source from our plant protein guide (included in this pack)

We also included basic nutrition information for you. Pay attention to the protein amounts in each recipe so that you can see how our featured quality proteins contribute to total protein.

To calculate your protein needs: Divide your body weight in pounds by 2.2 to get your equivalent weight in kilos. Then multiply your kilo weight by **1.2 or 1.4** to find your target protein intake in grams per day.

When you look at the nutrition information, you will see that vitamin D is minimal in these recipes. The reason is because Vitamin D is found mostly in animal/seafood sources and also in mushrooms. It does not feature highly in the plant world. Pay attention to your Vitamin D levels at all times. Sunlight exposure is important means of producing of Vitamin D in the body, and especially important that you get frequent exposure if choose not to incorporate animal or seafood products in your diet.

For some individuals however, our unique gene blueprint can make Vitamin D production from the sunlight highly inefficient. Therefore, while the sun is a free resource for us, sometimes it is not enough to ensure adequate Vitamin D in our bodies. Know your Vitamin D number, keep track of it and supplement with Vitamin D if you need to.

Enjoy!

best sources of plant proteins



edamame

1 cup : 17 grams



black beans & pinto beans

1 cup: 15 grams



peas

1 cup: 8 grams



quinoa & almonds

1 cup quinoa: 8 grams

1/4 almonds: 8 grams



wild rice & oat bran

1 cup: 7 grams



chia seeds

1 ounce: 5 grams



walnuts

1/4 cup: 4 grams



broccoli

1 cup: 3 grams



Broccoli Almond Protein Salad

4 servings

20 minutes

Ingredients

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled)
- 4 stalks Green Onion (sliced)
- 1/2 cup Almonds (chopped)
- 1/4 cup Almond Butter
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Maple Syrup
- 1 tbsp Sesame Oil
- 1 Garlic (clove, minced)
- 2 tbsps Water

Nutrition

Amount per serving	
Calories	374
Fat	25g
Saturated	2g
Fiber	11g
Protein	19g
Potassium	916mg
Vitamin A	1278IU
Vitamin C	88mg
Calcium	208mg
Vitamin D	0IU
Vitamin K	132µg
Vitamin B6	0.3mg
Folate	319µg
Vitamin B12	0µg
Phosphorous	366mg
Magnesium	166mg

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.



Chickpea Edamame Salad with Lemon & Dill

2 servings

10 minutes

Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

Nutrition

Amount per serving	
Calories	311
Fat	13g
Saturated	2g
Fiber	11g
Protein	17g
Potassium	767mg
Vitamin A	3110IU
Vitamin C	19mg
Calcium	124mg
Vitamin D	0IU
Vitamin K	169µg
Vitamin B6	0.3mg
Folate	443µg
Vitamin B12	0µg
Phosphorous	285mg
Magnesium	114mg
Zinc	3mg
Selenium	4µg

Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 5 days.

No Spinach: Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free: Use green peas instead of edamame.

No Chickpeas: Use lentils or black beans instead.



Black Bean Dip

6 servings

15 minutes

Ingredients

- 2 1/4 cups Black Beans (cooked, from the can)
- 2 tsp Cumin
- 1/2 tsp Smoked Paprika
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	130
Fat	5g
Saturated	1g
Fiber	6g
Protein	6g
Potassium	254mg
Vitamin A	111IU
Vitamin C	2mg
Calcium	25mg
Vitamin D	0IU
Vitamin K	5µg
Vitamin B6	0.1mg
Folate	97µg
Vitamin B12	0µg
Phosphorous	95mg
Magnesium	49mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Notes

Serve it With: Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers: Store in an airtight container in the fridge for 5 days, or freeze for two months or more.



Citrus & Mixed Bean Salad

2 servings

15 minutes

Ingredients

- 1/2 cup Frozen Edamame
- 3 tbsps Balsamic Vinegar
- 1 1/2 tsps Dijon Mustard
- 1/4 tsp Sea Salt
- 1/8 tsp Garlic Powder
- 2 cups Mixed Beans (cooked, rinsed)
- 1 Navel Orange (peeled, chopped)
- 2 tbsps Red Onion
- 4 cups Mixed Greens

Nutrition

Amount per serving	
Calories	349
Fat	3g
Saturated	0g
Fiber	16g
Protein	22g
Potassium	1228mg
Vitamin A	289IU
Vitamin C	54mg
Calcium	166mg
Vitamin D	0IU
Vitamin K	25µg
Vitamin B6	0.3mg
Folate	376µg
Vitamin B12	0µg
Phosphorous	334mg
Magnesium	111mg
Zinc	2mg
Selenium	2µg

Directions

- 1 Cook the edamame according to package directions. Drain and rinse under cold water to cool.
- 2 In a mixing bowl combine the balsamic vinegar, Dijon mustard, salt, and garlic powder. Add the cooled edamame, mixed beans, orange, and red onion and stir to combine. Season with additional salt if needed.
- 3 To serve, divide the mixed greens between bowls and top with the bean salad. Drizzle with any excess dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh herbs or use fresh garlic instead. Add veggies like bell pepper or cucumber.

More Fat: Add extra virgin olive oil.

No Edamame: Omit or use more mixed beans instead.

No Mixed Beans: Use chickpeas or white beans instead.



Baked Green Pea Fritters

2 servings

1 hour 10 minutes

Ingredients

- 2 cups Frozen Peas
- 1/4 cup Water
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/2 cup All Purpose Gluten-Free Flour
- 1/4 cup Unsweetened Coconut Yogurt
- 1 1/2 tbsps Lemon Juice
- 1 tsp Dried Chives

Nutrition

Amount per serving	
Calories	310
Fat	1g
Saturated	1g
Fiber	15g
Protein	11g
Potassium	287mg
Vitamin A	3384IU
Vitamin C	22mg
Calcium	133mg
Vitamin D	0IU
Vitamin K	38µg
Vitamin B6	0.2mg
Folate	97µg
Vitamin B12	0.3µg
Phosphorous	131mg
Magnesium	38mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Cook the peas according to package directions. Drain the cooked peas and rinse under cold water until cool enough to handle. Transfer to the bowl of a food processor.
- 3 Meanwhile, heat the water in a non-stick pan over medium heat. Add the onion and garlic and cook for three to five minutes or until the onions have softened and the water has evaporated. Let the onions cool slightly then transfer to the food processor with the peas.
- 4 Add the salt to the food processor with the peas and pulse a couple of times to combine. Scrape down the sides of the bowl then continue to blend until mostly smooth.
- 5 Transfer the green pea mixture to a mixing bowl and fold in the flour. Form the mixture into patties approximately two to three inches in diameter and place on the prepared baking sheet.
- 6 Bake for 30 to 35 minutes flipping halfway through or until browned on both sides. Let the fritters cool for 10 to 15 minutes on the baking sheet (fritters will continue to firm up as they cool).
- 7 Meanwhile, in a small bowl combine the coconut yogurt, lemon juice and chives. Season with salt if needed. To serve, divide the fritters and yogurt dipping sauce between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Quinoa Radish Bowl

4 servings

22 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Black Beans (cooked)
- 1 Carrot (medium, shredded)
- 2 cups Radishes (sliced)
- 2 cups Alfalfa Sprouts
- 1/4 cup Lemon Juice
- 1/4 cup Fresh Dill (chopped)
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	294
Fat	3g
Saturated	0g
Fiber	12g
Protein	15g
Potassium	764mg
Vitamin A	2632IU
Vitamin C	17mg
Calcium	71mg
Vitamin D	0IU
Vitamin K	11µg
Vitamin B6	0.4mg
Folate	234µg
Vitamin B12	0µg
Phosphorous	346mg
Magnesium	157mg
Zinc	3mg
Selenium	5µg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once the quinoa has cooled, divide it between bowls along with the black beans, carrots, radishes, and alfalfa sprouts.
- 3 Whisk together the lemon juice, dill, and garlic. Drizzle over top of the quinoa bowls and season with salt and pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately three cups.

Additional Toppings: Add sauerkraut, kimchi, balsamic vinegar, pickled veggies, or your favorite dressing.



Slow Cooker Chicken & Wild Rice Soup

8 servings

4 hours

Ingredients

13 ozs Chicken Breast
 10 cups Water
 2 Carrot (medium, chopped)
 1 1/4 cups Wild Rice (rinsed)
 1 tsp Sea Salt
 2 Bay Leaf (optional)
 1 cup Kale Leaves (stems removed, chopped)

Nutrition

Amount per serving	
Calories	152
Fat	2g
Saturated	0g
Fiber	2g
Protein	14g
Potassium	318mg
Vitamin A	2693IU
Vitamin C	3mg
Calcium	49mg
Vitamin D	0IU
Vitamin K	13µg
Vitamin B6	0.5mg
Folate	32µg
Vitamin B12	0.1µg
Phosphorous	213mg
Magnesium	66mg
Zinc	2mg
Selenium	11µg

Directions

- 1 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 2 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals approximately 1 1/2 to 2 cups.

More Flavor: Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

Make it Vegan: Use black beans instead of chicken.



Tamari Almonds

4 servings

20 minutes

Ingredients

1 cup Almonds
2 tbsps Tamari

Nutrition

Amount per serving	
Calories	212
Fat	18g
Saturated	1g
Fiber	5g
Protein	9g
Potassium	281mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	98mg
Vitamin D	0IU
Vitamin K	0µg
Vitamin B6	0.1mg
Folate	17µg
Vitamin B12	0µg
Phosphorous	184mg
Magnesium	100mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
- 4 Remove from the oven and let the almonds cool completely. Enjoy!

Notes

Leftovers: Keep in an airtight container for up to a week.

Serving Size: One serving is about 1/4 cup almonds.

More Flavor: Add a pinch of cayenne pepper.

No Almonds: Use another nut.



Raspberry Oat Bran Porridge

2 servings

10 minutes

Ingredients

- 1/2 cup Oat Bran
- 1 cup Water
- 1 cup Oat Milk (unsweetened, plain)
- 1/2 cup Raspberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	134
Fat	4g
Saturated	1g
Fiber	7g
Protein	6g
Potassium	374mg
Vitamin A	10IU
Vitamin C	8mg
Calcium	208mg
Vitamin D	0IU
Vitamin K	3µg
Vitamin B6	0.1mg
Folate	19µg
Vitamin B12	0.6µg
Phosphorous	316mg
Magnesium	64mg
Zinc	1mg
Selenium	11µg

Directions

- 1 In a small saucepan over medium heat, pour the oat bran in and toast for one minute, whisking often.
- 2 Add the water and oat milk and bring to a boil. Reduce the heat to a simmer and cook for three to four minutes, until thickened, whisking constantly.
- 3 Remove from the heat and pour into a bowl. Top with raspberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Oat Milk: Use another type of milk, such as almond, coconut, cashew, or dairy.

More Flavor: Add cinnamon on top. Add vanilla to the oat bran while cooking.

Likes it Sweeter: Drizzle with honey or maple syrup on top.



Strawberry Tahini Overnight Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats
- 3/4 cup Plain Coconut Milk (from the carton)
- 2 tbsps Chia Seeds
- 2 tbsps Tahini
- 1/8 tsp Cinnamon
- 1/2 cup Strawberries (halved)

Nutrition

Amount per serving	
Calories	535
Fat	31g
Saturated	6g
Fiber	15g
Protein	15g
Potassium	587mg
Vitamin A	404IU
Vitamin C	42mg
Calcium	636mg
Vitamin D	76IU
Vitamin K	2µg
Vitamin B6	0.1mg
Folate	60µg
Vitamin B12	2.3µg
Phosphorous	403mg
Magnesium	164mg
Zinc	3mg
Selenium	22µg

Directions

- 1 Add the oats, milk, chia seeds, tahini, cinnamon, and strawberries to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Coconut Milk: Use another dairy-free milk.

No Tahini: Use any other nut or seed butter instead.

Likes it Sweeter: Add a drizzle of maple syrup or other sweetener.



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	356
Fat	28g
Saturated	3g
Fiber	10g
Protein	13g
Potassium	553mg
Vitamin A	289IU
Vitamin C	58mg
Calcium	220mg
Vitamin D	25IU
Vitamin K	16µg
Vitamin B6	0.2mg
Folate	69µg
Vitamin B12	0µg
Phosphorous	336mg
Magnesium	170mg
Zinc	2mg
Selenium	2µg

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.