

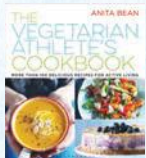
PLANT POWER

REGISTERED NUTRITIONIST ANITA BEAN SHOWS LK HOW VEGGIE MEALS, PROTEIN AND PERFORMANCE GO HAND IN HAND AND WHY YOU DON'T NEED MEAT TO BUILD MUSCLE

Recipies and words Anita Bean Photography xxxxxx xxxxxxxx

PLANT-BASED DIETS ARE ONE OF THE HOTTEST FOOD TRENDS TO EMERGE IN 2019

More and more people are cutting down and limiting how much meat they eat, or giving it up altogether. According to a 2018 survey by Waitrose, one in three people say they have deliberately reduced the amount of meat they eat or removed it from their diet entirely, one in eight are now vegetarian or vegan, and a further 21% say they only eat meat occasionally.



The Vegetarian Athlete's Cookbook by Anita Bean (Bloomsbury) features more than 100 delicious, easy-to-prepare vegetarian and vegan recipes.

Clean bill of health Many studies have shown that populations that eat less meat tend to have fewer lifestyle-related diseases, such as type 2 diabetes cardiovascular disease and certain

cancers. Protein-rich plant foods such as beans, peas, nuts, seeds, soy and lentils, are extremely nutritious and packed with plant nutrients (phytochemicals) and fibre. Beans and lentils have also been shown to reduce levels of LDL ("bad") cholesterol in the blood, and their combination of protein and fibre will help you feel full and satisfied.

Protecting the planet Health benefits aside, eating more plant protein and less meat is crucially less damaging in terms of greenhouse gas emissions, land use and water supply. According to research from the World Resources Institute, if everyone decided to switch to a more plant-based diet, total emissions would less than halve. Another reason to embrace plant power.

Animal welfare For many people, choosing a plant-based diet is very

much an ethical and moral decision: they see eating meat as a form of cruelty and exploitation to animals. More than two million land animals are slaughtered daily, and almost 600,000 tonnes of fish are killed each year in the UK. By not eating or cutting meat out of your diet, you are also helping to prevent this cruel exploitation.

Plant-based protein Forget the myth that your protein needs to come from meat, because you can easily obtain all the protein your body needs from plant-based foods. Although many plant foods don't contain as much as animal proteins per 100g, by combining foods such as beans and rice you can still get all the essential amino acids (the building blocks of protein) you need. They don't always need to be eaten at the same meal, either, just over the course of the day.

OVEN-BAKED FALAFEL

(makes 12)

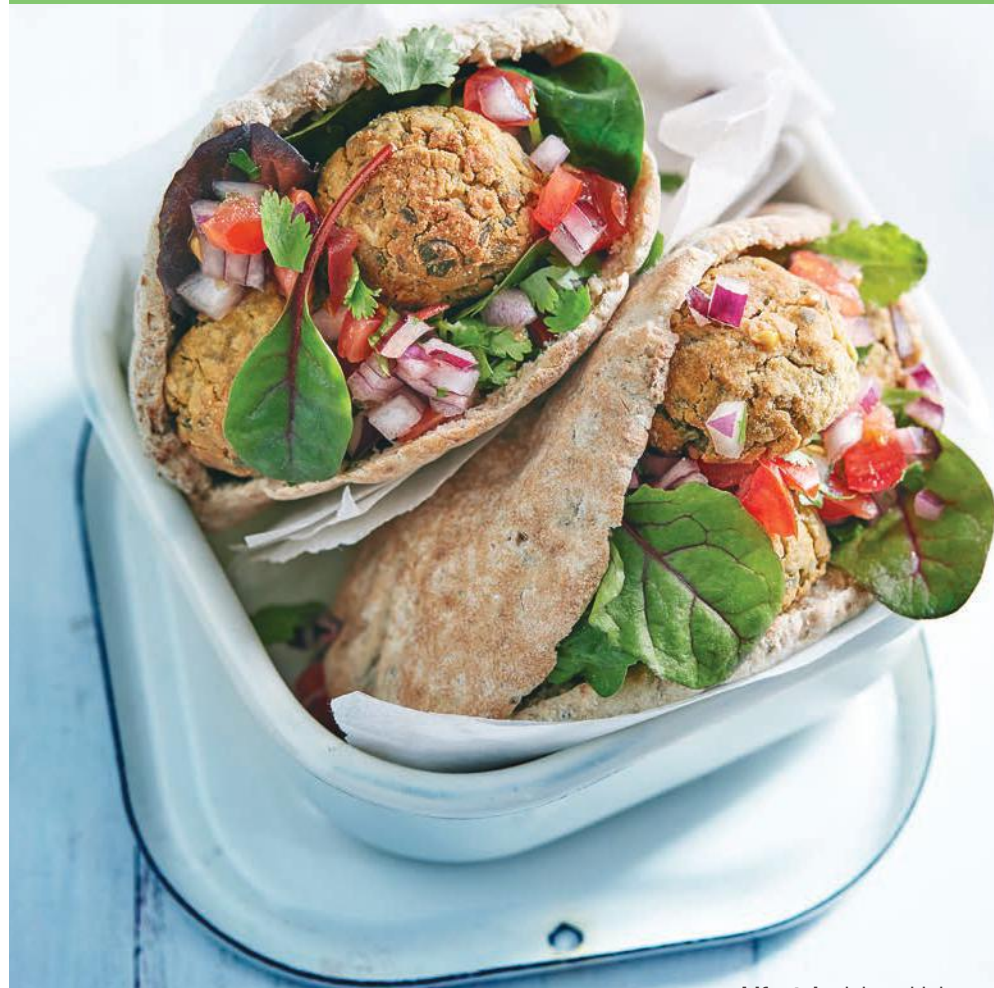
Falafel are perfect for a quick lunch, and chickpeas are packed with protein, fibre, iron, manganese and magnesium. Protein is essential for anyone who plays sport or exercises regularly, not because it builds muscle (although it will do if you workout), but because it helps your muscles recover from each session - fail to eat enough protein, and you'll wind up injured.

- 400g (14 oz) can chickpeas, rinsed and drained
- ½ onion, chopped
- 1 tbsp fresh coriander, chopped
- 1 tbsp chopped mint or parsley
- 2 garlic cloves, crushed
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tbsp gram flour (or plain flour) mixed with 2 tbsp water
- 1 tbsp olive oil

Method

- 1 Pre-heat the oven to 200°C/fan 180°C/Gas Mark 6. Lightly oil a baking sheet.
- 2 Put the chickpeas in a blender or food processor and process for a few seconds. Add the onion, coriander,

- mint or parsley, garlic, spices, gram flour paste and olive oil. Process for a few seconds until combined into a fairly smooth, stiff puree. Season with salt to taste.
- 3 Form the mixture into balls about the size of a walnut. You should be able to make about 12. Coat lightly with a little gram flour. Place on the oiled baking sheet and cook in the pre-heated oven for about 20 minutes until golden, turning once.
- 4 Meanwhile, make a tomato salsa from 2 chopped tomatoes, ¼ finely chopped onion and 1 tbsp fresh coriander. Season to taste. Chill.
- 5 Serve the cooked falafel with tomato salsa, salad and pitta breads.



per serving

- kcal 323
- protein 15g
- fat 11g
- sat fat 1g
- carbs 36g
- sugar 7g
- fibre 10g

H A L L O U M I & R E D P E P P E R S A L A D

(serves 2)

Halloumi is 30% lower in fat than most hard cheeses, yet contains the same amount of recovery-assisting protein. Peppers and tomatoes are excellent sources of phytonutrients and vitamin C, while the avocado and pine nuts both provide vitamin E. Vitamins contribute to all facets of our health, so a high-vitamin diet will leave you healthy, happy and full of energy.

125 g (4 oz) halloumi
2 tbsp pine nuts, toasted
2 large handfuls of salad leaves e.g. baby spinach, rocket and watercress
1 red pepper, sliced
150 g (5 oz) cherry tomatoes, halved
1 avocado, sliced
1 tbsp extra virgin olive oil
A squeeze of lemon juice
Salt and freshly ground black pepper, to taste

Method

- 1 Heat a griddle or frying pan over a high heat. Cut the halloumi into 5 mm (¼ in) thick slices and fry for 1-1½ minutes each side until golden. Set aside.
- 2 Toast the pine nuts in the dry frying pan (no oil).
- 3 Arrange the salad leaves on two plates. Scatter over the peppers, tomatoes and avocado slices.
- 4 Arrange the halloumi slices on top. Whisk together the oil, lemon juice and seasoning. Drizzle over the salad and scatter over the pine nuts.



per serving



V I T A L V E G G I E S



Chickpeas

There's about 9g of protein in half a can, as well as magnesium, iron and fructo-oligosaccharides – a type of fibre that feeds the 'good' microbes in the gut.



Chia & hemp seeds

Unlike other seeds, these contain all eight essential amino acids, making them 'complete' proteins. They're also excellent sources of omega-3 fats.



Tofu and tempeh

Made from pressed soya bean curd, both are complete proteins and are rich in isoflavones, which have very strong anti-inflammatory and antioxidant effects.



Quinoa & Buckwheat

They contain one and a half times more protein than pasta or rice, and are good sources of iron and zinc – both important for the immune system.



Edamame beans

These are young soya beans that are excellent sources of protein, fibre and phytochemicals – all of which can help lower blood cholesterol levels.