



PROTEIN POWER PACK BONUS #1

5 Bonuses to Help You
on Your Health Journey

A complement to “Super Simple
High-Protein Vegan Diet Cookbook
for Seniors” by Ava Whitmore

Protein Power for Seniors: Printable Protein Cheat Sheet

Build Strength and Energy After 60 One Plant Protein at a Time!

FOOD	SERVING SIZE	PROTEIN (g)	PORTION VISUAL
LENTILS (COOKED)	1 CUP	18 g	Size of a baseball
TOFU (FIRM)	½ block (4 oz)	20 g	Deck of cards
CHICKPEAS	1 CUP	15 g	Tennis ball
QUINOA (COOKED)	1 CUP	8 g	Baseball
EDAMAME	1 CUP	17 g	Cupped hand
TEMPEH	½ CUP	15 g	Domino Block
PEANUT BUTTER	2 TBSP	8 g	2 thumbs
OATS (DRY)	½ CUP	6 g	½ baseball

Tip: Combine foods (like lentils & rice) to get complete proteins.
Bonus: Find recipes using all these in your “Super Simple High-Protein Vegan Diet Cookbook for Seniors.”



PROTEIN POWER PACK BONUS #2

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Smart Shopping on a Plant-Powered Budget

Staples List

✓	PROTEINS	QTY
	LENTILS	
	TOFU	
	TEMPE	
	BEANS (CANNED/DRY)	
	EDAMAME	
	NUTS	
	SEEDS	

✓	CARBS	QTY
	OATS	
	BROWN RICE	
	QUINOA	
	POTATOES	
	WHOLE-GRAIN PASTA	

✓	VEGGIES	QTY
	FROZEN SPINACH	
	BROCCOLI	
	CARROTS	
	BELL PEPPERS	
	MIXED VEGGIES	

✓	HEALTHY FATS	QTY
	OLIVE OIL	
	AVOCADO OIL	
	NUT BUTTER	
	FLAXSEED	

✓	FLAVORS	QTY
	GARLIC	
	ONIONS	
	SOY SAUCE	
	HERBS	
	NUTRITIONAL YEAST	

Smart Shopping on a Plant-Powered Budget

Practical Tips

Beans on a Budget:

Buy dry beans in bulk → cook large batches → freeze portions.

Always have canned beans in case you need them

Smart Swaps:

Cashews → sunflower seeds

Tempeh → chickpeas

Almond milk → oat milk

\$30 Grocery List Example (1 Week):

- 2 lbs lentils
- 1 block tofu
- 2 bags frozen veggies
- 1 bag oats
- 1 bottle olive oil
- 1 dozen bananas
- 1 bag brown rice
- 1 jar peanut butter

Healthy doesn't have to mean pricey. With simple swaps and bulk staples, you can nourish your body and your wallet.



PROTEIN POWER PACK BONUS #3

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The Strong After 60 Challenge: 7 Days to More Energy with Plant Protein

**One simple plant-powered action a day
and feel the difference by Day 7**

CHECK	DAY	ACTION	GOAL
	1	Add 1 smoothie with 20g protein	Kickstart your energy
	2	Swap meat for lentils in one meal	Try a new texture
	3	Drink 8 cups of water	Hydration = vitality
	4	Walk for 15 minutes after lunch	Support digestion
	5	Try a tofu or tempeh dinner	Explore plant protein
	6	Eat a handful of nuts or seeds	Keep strength steady
	7	Combine at least 3 plant proteins (like lentils + tofu + quinoa) in one dish and enjoy it mindfully.	Show yourself how delicious and filling a fully plant-powered meal can be

Next Step: Continue your journey with the 30-Day Plan inside your cookbook “Super Simple High-Protein Vegan Diet Cookbook for Seniors.”



PROTEIN POWER PACK BONUS #4

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Stay Strong & Energized: Daily Habits Checklist

Goal: Build consistency and daily confidence.

Morning Routine

- Drink water before coffee
- Eat a protein-rich breakfast
- Move your body (stretch or walk)

Afternoon Routine

- Eat a balanced meal (protein + veggies + whole grains)
- Rest or meditate 10 minutes
- Stay hydrated (at least 4 cups by now)

Evening Routine

- Eat light dinner with fiber and protein
- Reflect on energy level (1-10)
- Write 1 gratitude before bed

*Little habits create big strength. Track your progress daily.
Your body will thank you.*



PROTEIN POWER PACK BONUS #5

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20-Minute Meal Builder:

Mix & Match Your Way to Plant-Powered Energy

No more wondering what to cook! This Meal Builder helps you create balanced 20-minute meals in just four steps: choose one from each column and mix it up. Every combination is naturally high in protein, fiber, and flavor. Keep it on your fridge and enjoy endless variety!

Step 1: Pick a Protein	Step 2: Add a Grain or Base	Step 3: Load the Veggies	Step 4: Flavor Boost
Lentils (½–1 cup)	Brown Rice	Spinach	Tahini Dressing
Tofu (4 oz)	Quinoa	Broccoli	Lemon + Olive Oil
Tempeh (½ cup)	Whole-grain Pasta	Peppers	Garlic + Herbs
Chickpeas (1 cup)	Sweet Potato	Zucchini	Peanut Sauce
Edamame (1 cup)	Oats (savory)	Kale	Balsamic Glaze
Black beans	Cauliflower Rice	Mushrooms	Salsa or avocado
Green Peas (1 cup)	Farro	Carrots	Nutritional Yeast

Quick Tip: For 20-min. meals: use pre-cooked grains, canned beans, or frozen veggies. It's fast, affordable, and nutritious.

20-Minute Meal Builder:

Mix & Match Your Way to Plant-Powered Energy

Mix it, match it, and make it yours!

The more color you add to your plate, the more nutrients your body receives. This template can be used with your cookbook to get creative and start doing your own mix and match if you feel called to do so.

Step 1: Pick a Protein	Step 2: Add a Grain or Base	Step 3: Load the Veggies	Step 4: Flavor Boost

Quick Tip: For 20-min. meals: use pre-cooked grains, canned beans, or frozen veggies. It's fast, affordable, and nutritious.