

Vegetarian Protein Anchor Matrix

Use this quick matrix to choose the easiest low-FODMAP vegetarian protein anchor before you improvise with powders, bars, or complicated meal combinations.

Easiest Anchors

- Eggs
- Lactose-free yogurt
- Hard cheese
- Firm tofu
- Tempeh

Portion-Sensitive Supports

- Canned and rinsed lentils in an app-checked serve
- Canned and rinsed chickpeas in an app-checked serve
- Soy milk made from soy protein
- Nuts or seeds
- Quinoa

Backup Products

- Protein powder with a short ingredient list
- Certified or verified snack bar
- Simple vegetarian meat alternative with a clean label

Fast Meal Formula

- One main protein anchor
- One easy carb base
- One or two low-noise produce choices
- One sauce or topping only if you can verify it

Label Red Flags

- Soy milk made from whole soybeans instead of soy protein
- Inulin or chicory root
- Sorbitol, mannitol, xylitol, or other sugar alcohols
- Whey concentrate if lactose is relevant for you
- Onion or garlic in meat alternatives or flavor blends
- Product formulas that still feel unclear after one careful read

My Repeat Protein Anchors

- Anchor 1: _____
- Anchor 2: _____
- Anchor 3: _____

- Anchor 4: _____

Notes

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