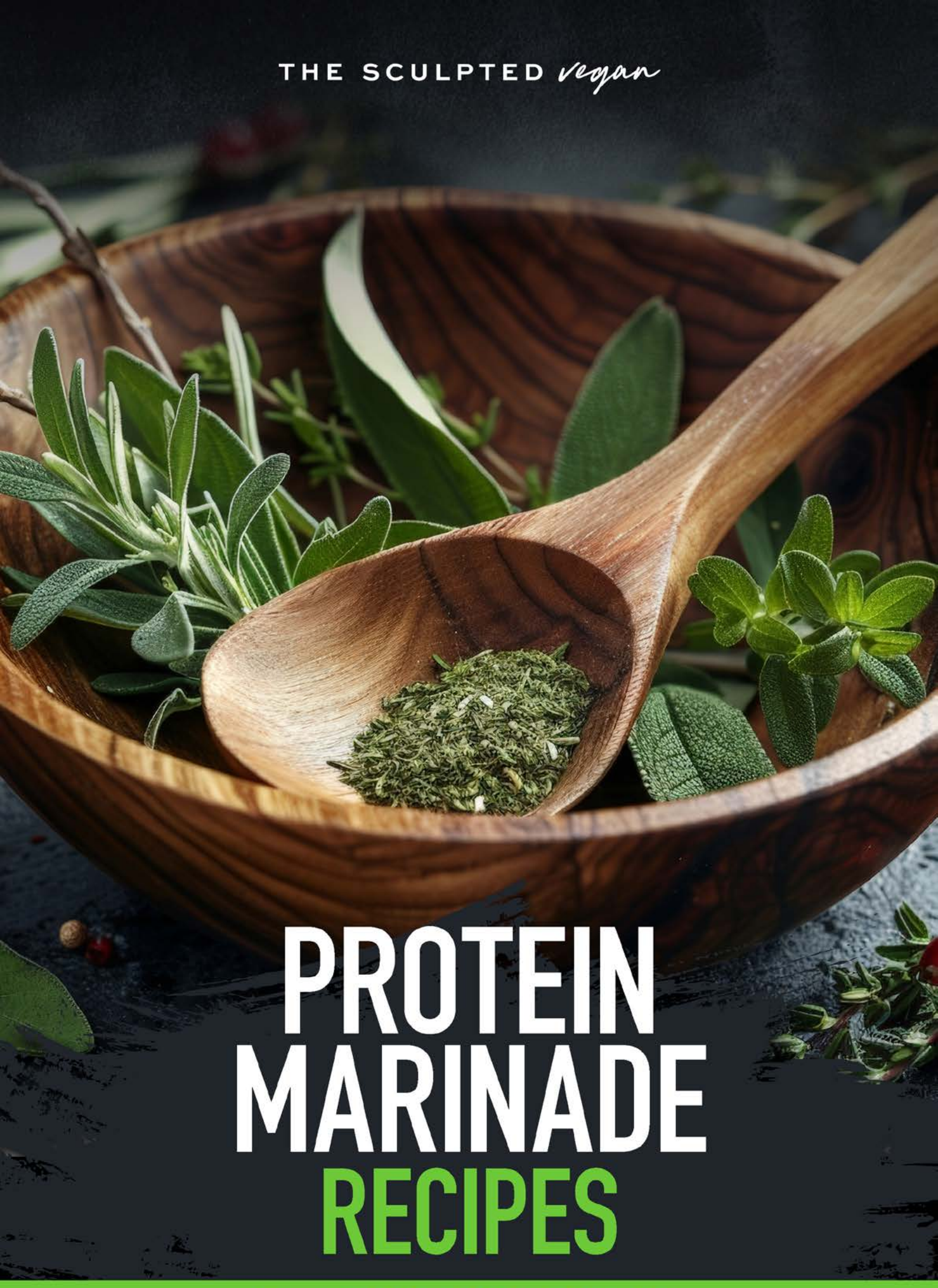
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PROTEIN MARINADE RECIPES

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OUR GIFT TO YOU



Protein Marinade Recipes

Here's a list of ten spice mix recipes with ingredient amounts and instructions to use as marinades or rubs for seitan, tofu, or non-vegan proteins. (each recipe for 200g of the protein).

Mediterranean Herb Marinade

INGREDIENTS

- 1 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp dried rosemary
- 1 tsp dried basil
- 1 clove garlic, minced
- 1 tbsp extra-virgin olive oil
- 1 tsp lemon zest
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp lemon juice

INSTRUCTIONS

1. Mix all ingredients in a small bowl.
2. Coat the protein evenly with the marinade.
3. Marinate for at least 30 minutes or up to 2 hours before cooking.

Smoky Paprika Rub

INGREDIENTS

- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp cumin
- ½ tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 tsp brown sugar
- ½ tsp sea salt
- 1 tbsp extra-virgin olive oil

INSTRUCTIONS

1. Combine all dry ingredients, then stir in the olive oil to form a paste.
2. Rub the paste onto the protein and let sit for 20-30 minutes.
3. Cook as desired (grill, roast, or pan-fry).

Cajun Spice Mix

INGREDIENTS

- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp cayenne pepper (optional for heat)
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp extra-virgin olive oil

INSTRUCTIONS

1. Mix all spices together, then add olive oil to make a paste.
2. Rub over the protein and marinate for 30 minutes.
3. Cook on medium to high heat or grill.

Tandoori Spice Blend

INGREDIENTS

- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- 1 tsp paprika
- ½ tsp garam masala
- ½ tsp ground ginger
- 1 clove garlic, minced
- 1 tsp lemon juice
- 2 tbsp yogurt (orplant-basedd alternative for tofu/seitan)
- 1 tbsp extra-virgin olive oil

INSTRUCTIONS

1. Combine all ingredients to form a marinade.
2. Coat the protein and marinate for at least 1 hour (overnight for best results).
3. Grill or roast.

Lemon Garlic Herb Rub

INGREDIENTS

- 1 tsp garlic powder
- 1 tsp dried parsley
- ½ tsp dried thyme
- 1 tsp lemon zest
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice

INSTRUCTIONS

1. Mix all ingredients in a small bowl.
2. Massage into the protein and let marinate for 30 minutes.
3. Bake, grill, or pansear.

Baharat Middle Eastern Spice Mix

INGREDIENTS

- 1 tsp ground black pepper
- 1 tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground cloves
- ¼ tsp ground cardamom
- ¼ tsp ground cinnamon
- 1 tsp paprika
- ¼ tsp ground nutmeg
- 1 tbsp extra-virgin olive oil

INSTRUCTIONS

1. Combine the spices and olive oil into a thick paste.
2. Rub the protein thoroughly and let rest for 20-30 minutes.
3. Grill, roast, or cook as preferred.

Jerk Seasoning

INGREDIENTS

- 1 tsp allspice
- ½ tsp ground thyme
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 tsp black pepper
- ½ tsp garlic powder
- ¼ tsp cayenne pepper (optional)
- 1 tsp brown sugar
- 1 tbsp extra-virgin olive oil
- 1 tbsp lime juice

INSTRUCTIONS

1. Mix all ingredients into a marinade paste.
2. Coat the protein and marinate for 12 hours.
3. Grill or roast.

Italian Herb Blend

INGREDIENTS

- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp dried parsley
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp extra-virgin olive oil
- 1 tbsp balsamic vinegar

INSTRUCTIONS

1. Mix all ingredients together.
2. Rub or marinate the protein for 30 minutes.
3. Grill, roast, or pansear.

Chimichurri Rub

INGREDIENTS

- 1 tbsp dried parsley
- 1 tsp garlic powder
- ½ tsp red pepper flakes
- 1 tsp dried oregano
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp red wine vinegar
- 1 tbsp extra-virgin olive oil

INSTRUCTIONS

1. Mix ingredients to form a marinade.
2. Rub or coat the protein and let sit for 20-30 minutes.
3. Grill, roast, or sauté.

Za'atar Spice Mix

INGREDIENTS

- 2 tsp sumac
- 1 tsp sesame seeds
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp dried marjoram
- ½ tsp sea salt
- 1 tbsp extra-virgin olive oil

INSTRUCTIONS

1. Mix all spices with olive oil.
2. Rub onto the protein and let sit for 30 minutes.
3. Grill, bake, or pansear.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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