



Beans, Greens, and Protein Needs: Going Plant-based with Rhyan Geiger, RDN (ep – 67)

When most people think of protein, they picture meat, eggs, or dairy. But for those choosing a plant-based path, learning how to meet your protein needs with foods grown from the ground can be exciting as much as it is nerve-wracking. In this episode, Dr. Ginger Hultin sits down with plant-based registered dietitian Rhyan Geiger to explore what it really takes to thrive on a plant-based diet. Rhyan shares her own story of going vegan overnight and how that experience inspired her to help others avoid common pitfalls and potential nutritional deficiencies. Together, Ginger and Rhyan break down the science behind plant-based protein, explain the difference between complete and incomplete proteins, and discuss how to calculate your needs. They share when supplementation might be helpful and what top nutrients are best to keep an eye on. Finally, Rhyan shares her go-to cooking hacks, including a tofu trick that just might transform the way you prep your meals. If you're thinking about going plant-based and doing it in the right way, this episode is a must-listen!

In this episode, we'll cover:

00:00 The Many Roles of Protein in the Body

00:23 Rhyan's Journey to Veganism and Starting Her Practice

02:51 Health Benefits of a Plant-Based Diet

03:27 Top Plant-Based Protein Sources and How to Use Them

05:02 Complete vs. Incomplete Proteins Explained

06:32 Overcoming Common Plant-Based Eating Challenges

08:05 Key Nutrients to Watch on a Vegan Diet

11:40 Final Advice for Making Plant-Based Eating Enjoyable

About Rhyan Geiger, RDN

Rhyan Geiger is an award-winning vegan dietitian and the founder of Phoenix Vegan Dietitian, where she helps clients enjoy more plant-based foods with practical, personalized nutrition coaching. Based in Phoenix, Arizona, Rhyan holds a B.S. in Nutrition and Dietetics from Arizona State University and completed her dietetic internship in Community Nutrition at Georgia Southern University. With a focus on making plant-based eating both easy and sustainable, Rhyan specializes in helping people improve their health and manage chronic conditions through evidence-based vegan nutrition. She's the author of *Vegan Slow Cooking for Two* and the *Plant-Based Low-FODMAP Cookbook*, and was named Best Dietitian in the Valley by Phoenix Magazine in 2023. Rhyan's expert advice has been featured in *Women's Health*, *Well+Good*, *Food Network*, *Shape*, and more!

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