

Plant Sources of Protein



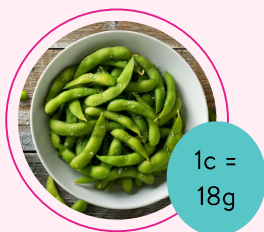
1c =
24g

Tofu



1c =
34g

Tempeh



1c =
18g

Edamame



1c =
35g

Textured Vegetable Protein (TVP)



1c =
7g

Soy milk



1c =
~15g

cooked

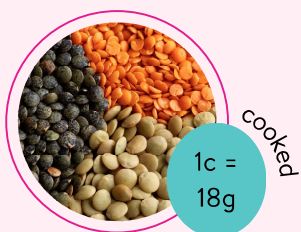
Beans (Black, Pinto, Kidney)



1c =
14g

cooked

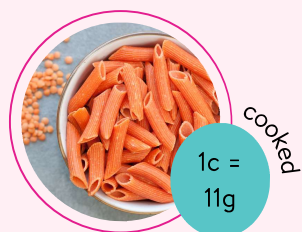
Chickpeas



1c =
18g

cooked

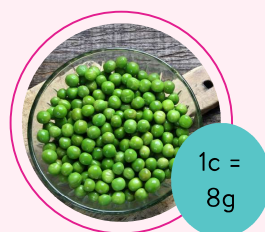
Lentils (Brown, Black, Green, Red)



1c =
11g

cooked

Lentil or Bean Pasta



1c =
8g

Green Peas



1c =
15g

Nutritional Yeast



1c =
14g

Seitan



1/4c =
4-9g

Nuts (Any)



2T =
6g

Nut Butter



2T =
5g

Seed Butter



3T =
9g

Chia Seeds



3T =
6g

Flax Seeds



3T =
10g

Hemp Hearts



3T =
9g

Pumpkin Seeds



2T =
5g

Sunflower Seeds



1/2c =
12g

dry

Quinoa



1/2c =
13g

dry

Amaranth



1/2c =
5g

dry

Oats



1/2c =
6g

dry

Brown Rice



+

& More!