

50 SOURCES OF PLANT BASED PROTEIN

NO MEAT NECESSARY

◆ LEGUMES ◆

| | | |
|--|---|---|
|  Tempeh + cooked + 1 cup = 31g |  Lentils + cooked + 1 cup = 18g |  Edamame + cooked + 1 cup = 17g |
|  Adzuki Beans + cooked + 1 cup = 17g |  Navy Beans + cooked + 1 cup = 15g |  Kidney Beans + cooked + 1 cup = 15g |
|  Pinto Beans + cooked + 1 cup = 15g |  Chickpeas + cooked + 1 cup = 15g |  Lima Beans + cooked + 1 cup = 15g |
|  Black-eyed Peas + cooked + 1 cup = 13g |  Tofu + firm + 4 ounces = 11g |  Green Peas + cooked + 1 cup = 9g |

◆ NUTS ◆

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|  Peanuts + 1/4 cup = 9g |  Almonds + 1/4 cup = 8g |
|  Cashews + 1/4 cup = 5g |  Brazil Nuts + 1/4 cup = 5g |

◆ GRAINS ◆

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|  Seitan + 3 ounces = 21g |  Buckwheat + 1 cup = 21g |  Bulgur + 1 cup = 13g |
|  Wheat Germ + 1 cup = 12g |  Amaranth + cooked + 1 cup = 9g |  Quinoa + cooked + 1 cup = 8g |
|  Oatmeal + cooked + 1 cup = 6g |  Millet + cooked + 1 cup = 6g |  Barley + cooked + 1 cup = 4g |
|  Brown Rice + cooked + 1 cup = 5g | | |

◆ SEEDS ◆

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|  Hemp Seeds + 3 Tablespoons = 11g |  Pumpkin seeds + roasted + 1/4 cup = 8g |
|  Sunflower Seeds + roasted + 1/4 cup = 6g |  Chia Seeds + 2 Tablespoons = 5g |
|  Flax Seed + 1 Tablespoon = 2g | |

◆ VEGETABLES ◆

| | | |
|---|---|---|
|  Spinach + cooked + 1 cup = 5g |  Corn + cooked + 1 cup = 5g |  Collard Greens + cooked + 1 cup = 4g |
|  Broccoli + cooked + 1 cup = 4g |  Mushrooms + cooked + 1 cup = 4g |  Brussel Sprouts + cooked + 1 cup = 4g |
|  Asparagus + cooked + 1 cup = 3g |  Artichoke + cooked + 1/4 cup = 4g |  Potato + cooked + 1 cup = 3g |
|  Kale + cooked + 1 cup = 2g | | |

◆ SPREADS ◆

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|  Tahini + 3 Tablespoons = 8g |  Peanut Butter + 2 Tablespoons = 8g |
|  Almond Butter + 2 Tablespoons = 7g |  Cashew Butter + 2 Tablespoons = 6g |
|  Hummus + 3 Tablespoons = 4g | |

◆ OTHER ◆

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|---|--|
|  Nutritional Yeast + 3 Tablespoons = 12g |  Spirulina + 2 Tablespoons = 8g |
|  Goji Berries + cooked + 1/4 cup = 4g |  Chlorella + 2 Tablespoons = 3g |