

VEGAN NUTRITIONAL ANALYSIS

Daily Caloric & Macro-Nutrient Comparison Chart

Food Item (100g)	Calories	Protein (g)	Fats (g)	Carbs (g)
Legumes & Pulses				
Lentils (Cooked)	116	9.0	0.4	20.1
Chickpeas (Cooked)	164	8.9	2.6	27.4
Firm Tofu	144	17.3	8.7	2.8
Tempeh	192	20.3	10.8	7.6
Grains				
Quinoa (Cooked)	120	4.4	1.9	21.3
Brown Rice (Cooked)	123	2.7	1.0	25.6
Oats (Dry)	389	16.9	6.9	66.3

Food Item (100g)	Calories	Protein (g)	Fats (g)	Carbs (g)
Nuts & Seeds				
Almonds	579	21.2	49.9	21.6
Chia Seeds	486	16.5	30.7	42.1
Hemp Hearts	553	31.6	48.8	8.7
Vegetables				
Spinach (Raw)	23	2.9	0.4	3.6
Broccoli (Raw)	34	2.8	0.4	6.6
Sweet Potato (Baked)	90	2.0	0.2	20.7

DAILY TARGET **2,000 kcal**

PROTEIN GOAL (15%) **75g**

FIBER GOAL **38g**

*Values are approximate based on standard USDA nutritional databases.