

PLANT-BASED PROTEIN SOURCES

A comprehensive guide to high-protein vegan nutrition

Food Item	Serving Size	Protein (g)	Notes
Legumes & Pulses			
Tempeh	100g	19g	Complete Protein
Lentils (Cooked)	1 cup	18g	High Fiber
Chickpeas	1 cup	15g	Iron Rich
Tofu (Extra Firm)	100g	10g	Complete Protein
Grains & Seeds			
Seitan	100g	25g	Wheat Gluten
Hemp Seeds	3 tbsp	10g	Complete Protein
Quinoa (Cooked)	1 cup	8g	Complete Protein

Food Item	Serving Size	Protein (g)	Notes
Chia Seeds	2 tbsp	5g	Omega-3 Rich
Nuts & Vegetables			
Pumpkin Seeds	1/4 cup	9g	High Magnesium
Peanut Butter	2 tbsp	8g	Healthy Fats
Edamame	1 cup	17g	Complete Protein
Green Peas	1 cup	8g	Vitamin C/K

* Nutritional values are approximate based on standard USDA data.