

# PLANT-BASED PROTEIN SOURCES

FOOD ITEM	SERVING SIZE	PROTEIN (G)	KEY NUTRIENTS
<b>Legumes &amp; Pulses</b>			
Lentils (Cooked)	1 cup	18g	Fiber, Folate, Iron
Chickpeas (Cooked)	1 cup	15g	Manganese, Fiber
Black Beans	1 cup	15g	Antioxidants, Magnesium
<b>Soy Products</b>			
Tempeh	1/2 cup	17g	Probiotics, Calcium
Extra Firm Tofu	1/2 cup	10g	Complete Protein, Selenium
Edamame	1 cup	18g	Vitamin K1, Folate
<b>Grains &amp; Seeds</b>			
Seitan	3 oz	21g	Riboflavin, Niacin
Quinoa (Cooked)	1 cup	8g	All 9 Amino Acids

<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>PROTEIN (G)</b>	<b>KEY NUTRIENTS</b>
Hemp Seeds	3 tbsp	10g	Omega-3, Omega-6
Pumpkin Seeds	1/4 cup	9g	Zinc, Magnesium
<b>Nuts</b>			
Almonds	1/4 cup	7g	Vitamin E, Healthy Fats
Peanuts	1/4 cup	9g	Biotin, Resveratrol

Note: Nutritional values are approximate and may vary by brand and preparation method.