

DAILY PLANT-BASED PROTEIN REQUIREMENT

The Formula: General RDA is 0.8g of protein per kg of body weight. For active plant-based athletes, aim for 1.2g - 1.6g per kg.

Body Weight (lbs / kg)	Sedentary (0.8g)	Active (1.2g)	Athlete (1.6g)
130 lbs / 59 kg	47g	71g	94g
150 lbs / 68 kg	54g	82g	109g
170 lbs / 77 kg	62g	92g	123g
190 lbs / 86 kg	69g	103g	138g
210 lbs / 95 kg	76g	114g	152g

High-Protein Plant Sources

Food Item	Serving Size	Protein Content
Tempeh	1 cup	31g
Lentils (Cooked)	1 cup	18g

Food Item	Serving Size	Protein Content
Chickpeas	1 cup	15g
Tofu (Extra Firm)	3 oz	9g
Pumpkin Seeds	1/4 cup	9g
Quinoa (Cooked)	1 cup	8g

Consult with a healthcare provider or registered dietitian for personalized nutritional advice.