

# ESSENTIAL PLANT-BASED PROTEINS

A comprehensive guide to high-protein vegan sources

FOOD SOURCE	SERVING SIZE	PROTEIN (G)
<b>Legumes &amp; Beans</b>		
Lentils (Cooked)	1 Cup	18g
Chickpeas (Cooked)	1 Cup	15g
Black Beans (Cooked)	1 Cup	15g
Edamame (Steamed)	1 Cup	17g
<b>Soy Products</b>		
Tempeh	100g	19g
Extra Firm Tofu	100g	10g

<b>FOOD SOURCE</b>	<b>SERVING SIZE</b>	<b>PROTEIN (G)</b>
Seitan (Wheat Gluten)	100g	25g
<b>Grains &amp; Seeds</b>		
Quinoa (Cooked)	1 Cup	8g
Hemp Seeds	3 Tbsp	10g
Pumpkin Seeds	1/4 Cup	9g
Chia Seeds	2 Tbsp	5g
<b>Nuts</b>		
Almonds	1/4 Cup	7g
Peanuts	1/4 Cup	9g

*Note: Protein values are approximate. Combine varied sources to ensure a complete amino acid profile.*