

PLANT-BASED PROTEIN GUIDE

FOOD ITEM	SERVING SIZE	PROTEIN (G)
Legumes & Pulses		
Lentils (Cooked)	1 Cup	18g
Chickpeas (Cooked)	1 Cup	15g
Black Beans (Cooked)	1 Cup	15g
Edamame (Shelled)	1 Cup	17g
Soy & Meat Alternatives		
Tempeh	3 oz	16g
Extra Firm Tofu	3 oz	9g
Seitan	3 oz	21g
Nuts & Seeds		
Hemp Seeds	3 Tbsp	10g
Pumpkin Seeds	1/4 Cup	9g

FOOD ITEM	SERVING SIZE	PROTEIN (G)
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Peanut Butter	2 Tbsp	8g
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Grains

Quinoa (Cooked)	1 Cup	8g
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Spelt (Cooked)	1 Cup	11g
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