

HIGH-PROTEIN PLANT-BASED FOODS

Essential Protein Sources for a Vegan/Vegetarian Diet

Food Item	Serving Size	Protein (g)
LEGUMES & SOY		
Seitan (Wheat Gluten)	3 oz (85g)	21g
Tempeh	1/2 cup	15g
Tofu (Extra Firm)	1/2 cup	10g
Lentils (Cooked)	1 cup	18g
Chickpeas (Cooked)	1 cup	14g
Edamame (Shelled)	1 cup	17g
NUTS & SEEDS		
Hemp Seeds	3 tbsp	10g
Pumpkin Seeds	1/4 cup	9g

Food Item	Serving Size	Protein (g)
Peanuts/Peanut Butter	2 tbsp	8g
Almonds	1/4 cup	7g
Chia Seeds	2 tbsp	5g

GRAINS

Quinoa (Cooked)	1 cup	8g
Spelt (Cooked)	1 cup	11g
Wild Rice (Cooked)	1 cup	7g

*Values are approximate. Always check nutritional labels for specific brands.