

# PLANT BASED PROTEIN GUIDE

## LEGUMES & PULSES (PER 1 CUP COOKED)

- Lentils **18g**
  - Chickpeas **15g**
  - Black Beans **15g**
  - Edamame **17g**
  - Green Peas **9g**
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## SOY & MEAT SUBS (PER 100G)

- Tempeh **19g**
  - Extra Firm Tofu **10g**
  - Seitan **25g**
  - Soy Milk (1 cup) **8g**
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## NUTS & SEEDS (PER 1/4 CUP)

- Hemp Seeds **13g**
  - Pumpkin Seeds **9g**
  - Peanuts **9g**
  - Almonds **7g**
  - Chia Seeds **6g**
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## GRAINS & VEG (PER 1 CUP COOKED)

- Quinoa **8g**
  - Wild Rice **7g**
  - Oats **6g**
  - Broccoli **4g**
  - Spinach **5g**
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Values are approximate. Focus on a diverse variety of whole foods.