

# PLANT-BASED PROTEIN INTAKE TRACKER

Date: \_\_\_\_\_ Daily Goal: \_\_\_\_\_ grams

âœ“	Food Item / Source	Serving Size	Protein (g)
	Lentils (Cooked)	1 Cup	18g
	Chickpeas / Beans	1 Cup	15g
	Tofu (Firm)	1/2 Cup	10g
	Tempeh	1/2 Cup	15g
	Quinoa (Cooked)	1 Cup	8g
	Hemp Seeds	3 Tbsp	10g
	Nut Butter	2 Tbsp	7g
	Seitan	3 oz	21g

**âœ“**    **Food Item / Source**                      **Serving Size**                      **Protein (g)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAILY TOTAL PROTEIN CONSUMED:** \_\_\_\_\_ grams

NOTES & OBSERVATIONS