

PLANT-BASED PROTEIN GUIDE

Nutritional Content per 100g (Cooked/Prepared)

Source	Category	Protein (g)	Calories
Seitan	Wheat	25g	145
Tempeh	Soy	19g	193
Extra Firm Tofu	Soy	10g	100
Lentils	Legume	9g	116
Chickpeas	Legume	8.5g	164
Edamame	Soy	11g	122
Quinoa	Grain	4.4g	120
Hemp Seeds	Seed	31g*	553
Peanut Butter	Nut	22g	588

**Dry weight. Values are approximate and may vary by brand or preparation method.*