

PLANT-BASED PROTEIN CHART

Grams of Protein per Standard Serving

Food Item	Serving Size	Protein (g)
Seitan	3 oz (85g)	21g
Tempeh	1/2 cup	15g
Tofu (Extra Firm)	1/2 cup	10g
Lentils (Cooked)	1/2 cup	9g
Edamame (Shelled)	1/2 cup	9g
Chickpeas (Cooked)	1/2 cup	7g
Black Beans (Cooked)	1/2 cup	7g
Quinoa (Cooked)	1 cup	8g
Hemp Seeds	3 tbsp	10g
Pumpkin Seeds	1/4 cup	9g
Peanut Butter	2 tbsp	8g

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

*Approximate values based on standard USDA nutritional data.