

# PLANT-BASED PROTEIN GUIDE

Food Item	Serving Size	Protein (g)	Category
Seitan	3 oz (85g)	21g	WHEAT
Tempeh	1/2 cup	15g	SOY
Lentils (Cooked)	1 cup	18g	LEGUME
Hemp Seeds	3 tbsp	10g	SEED
Chickpeas	1 cup	14.5g	LEGUME
Nutritional Yeast	2 tbsp	8g	FUNGI
Pumpkin Seeds	1/4 cup	9g	SEED
Quinoa (Cooked)	1 cup	8g	GRAIN
Almonds	1/4 cup	7g	NUT
Edamame	1/2 cup	9g	SOY

\*Values are approximate. Always check specific product labels for exact nutritional information.