

PLANT-BASED PROTEIN GUIDE

Nutritional Values per 100g (Cooked/Ready to Eat)

Source	Protein (g)	Fiber (g)	Key Micronutrients
Legumes & Beans			
Lentils	9.0g	7.9g	Folate, Iron, Manganese
Chickpeas	8.9g	7.6g	Copper, Folate
Black Beans	8.9g	8.7g	Magnesium, Thiamine
Soy Products			
Tempeh	19.0g	0g	Probiotics, B12 (fortified)
Extra Firm Tofu	10.0g	1.0g	Calcium, Manganese
Edamame	11.0g	5.2g	Vitamin K1, Folate
Grains & Seeds			
Seitan (Wheat Gluten)	25.0g	0.6g	Selenium, Phosphorus

Source	Protein (g)	Fiber (g)	Key Micronutrients
Quinoa	4.4g	2.8g	Complete Amino Profile
Hemp Seeds	31.0g	4.0g	Omega-3, Omega-6
Pumpkin Seeds	30.0g	6.0g	Zinc, Magnesium

**Nutritional values are approximate. For informational purposes only.*