

# PLANT-BASED PROTEIN GUIDE

High-Performance Nutrition for Athletes

FOOD SOURCE	SERVING SIZE	PROTEIN (G)	KEY BENEFIT
<b>Legumes &amp; Pulses</b>			
Tempeh (Fermented)	100g	<b>19g</b>	Probiotics & Bioavailability
Lentils (Cooked)	1 Cup	<b>18g</b>	Iron & Slow-release Carbs
Edamame	1 Cup	<b>17g</b>	Complete Amino Acid Profile
Chickpeas	1 Cup	<b>15g</b>	Fiber & Versatility
<b>Grains &amp; Seeds</b>			
Seitan (Wheat Gluten)	100g	<b>25g</b>	Highest Protein Density
Hemp Seeds	3 Tbsp	<b>10g</b>	Omega-3 Fatty Acids
Quinoa (Cooked)	1 Cup	<b>8g</b>	Magnesium & Lysine

FOOD SOURCE	SERVING SIZE	PROTEIN (G)	KEY BENEFIT
<b>Nuts &amp; Others</b>			
Pumpkin Seeds	1/4 Cup	<b>9g</b>	Zinc for Recovery
Nutritional Yeast	2 Tbsp	<b>8g</b>	B-Vitamin Complex
Peanut Butter	2 Tbsp	<b>8g</b>	Healthy Fats & Vitamin E

*\*Values are approximate. Combine different sources throughout the day to ensure a complete amino acid profile.*