

VEGAN PROTEIN SOURCES

Food Item	Serving Size	Protein (g)
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LEGUMES & SOY

Tempeh	1/2 cup	15g
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Lentils (Cooked)	1/2 cup	9g
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Tofu (Extra Firm)	3 oz	9g
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Chickpeas (Cooked)	1/2 cup	7g
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Edamame	1/2 cup	9g
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GRAINS & SEEDS

Seitan	3 oz	21g
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Quinoa (Cooked)	1 cup	8g
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Hemp Seeds	3 tbsp	10g
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Chia Seeds	2 tbsp	5g
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Pumpkin Seeds	1/4 cup	9g
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NUTS & OTHERS

Peanut Butter	2 tbsp	8g
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Almonds	1/4 cup	7g
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Nutritional Yeast	2 tbsp	8g
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Spirulina	1 tbsp	4g
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