

# VEGETARIAN PROTEIN REFERENCE

Grams of protein per standard serving size

## Legumes & Pulses

Lentils (Cooked)	1 Cup	18g
Chickpeas (Cooked)	1 Cup	15g
Black Beans (Cooked)	1 Cup	15g
Edamame (Prepared)	1 Cup	17g

## Soy & Meat Substitutes

Tempeh	3 oz (85g)	15g
Tofu (Extra Firm)	3 oz (85g)	8-10g
Seitan	3 oz (85g)	21g

## Nuts & Seeds

Hemp Seeds	3 Tbsp	10g
Pumpkin Seeds	1/4 Cup	9g
Almonds	1/4 Cup	7g
Chia Seeds	2 Tbsp	5g

## Grains

Quinoa (Cooked)	1 Cup	8g
Wild Rice (Cooked)	1 Cup	7g
Oats (Dry)	1/2 Cup	6g

## Dairy & Eggs

Greek Yogurt (Plain)	6 oz	17g
Cottage Cheese	1/2 Cup	14g
Large Egg	1 Unit	6g

Nutritional values are approximate. Consult specific product labels for exact data.