

# PLANT-BASED PROTEIN SOURCES

FOOD ITEM	SERVING SIZE	PROTEIN (G)
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## Legumes & Pulses

Tempeh (Cooked)	1/2 Cup	15g
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Lentils (Cooked)	1/2 Cup	9g
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Edamame (Shelled)	1/2 Cup	9g
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Chickpeas (Cooked)	1/2 Cup	7g
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Black Beans (Cooked)	1/2 Cup	7g
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## Whole Grains

Seitan (Vital Wheat Gluten)	3 oz	21g
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Quinoa (Cooked)	1 Cup	8g
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Wild Rice (Cooked)	1 Cup	7g
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Oats (Dry)	1/2 Cup	5g
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### **Nuts & Seeds**

Hemp Seeds	3 tbsp	10g
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Pumpkin Seeds	1/4 Cup	9g
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Peanuts	1/4 Cup	7g
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Chia Seeds	2 tbsp	5g
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### **Vegetables**

Spinach (Cooked)	1 Cup	5g
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Broccoli (Cooked)	1 Cup	4g
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Brussels Sprouts	1 Cup	4g
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Note: Nutritional values are approximate. Focus on a variety of whole foods for a complete amino acid profile.