

PLANT-BASED PROTEIN GUIDE

VEGAN FITNESS & PERFORMANCE

FOOD SOURCE	SERVING SIZE	PROTEIN (G)
Legumes & Soy		
Tempeh	1 cup	31g
Seitan (Wheat Gluten)	3 oz	21g
Lentils (Cooked)	1 cup	18g
Edamame	1 cup	17g
Chickpeas / Beans	1 cup	15g
Tofu (Extra Firm)	3 oz	10g
Grains & Seeds		
Hemp Seeds	3 tbsp	10g
Quinoa (Cooked)	1 cup	8g
Pumpkin Seeds	1/4 cup	8g

FOOD SOURCE	SERVING SIZE	PROTEIN (G)
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Nutritional Yeast	2 tbsp	8g
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Vegetables

Green Peas	1 cup	8g
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Spinach (Cooked)	1 cup	5g
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Broccoli	1 cup	4g
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