

PLANT-BASED PROTEIN SOURCES

Protein content per 100g (cooked/prepared)

LEGUMES & PULSES

- Lentils **9g**
 - Chickpeas **8g**
 - Black Beans **8g**
 - Edamame **11g**
 - Green Peas **5g**
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SOY PRODUCTS

- Tempeh **19g**
 - Tofu (Firm) **10g**
 - Seitan (Wheat-based) **25g**
 - Soy Milk (1 Cup) **8g**
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GRAINS & SEEDS

- Quinoa **4g**
 - Hemp Seeds **31g**
 - Chia Seeds **17g**
 - Buckwheat **3g**
 - Oats **13g**
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NUTS & BUTTERS

- Pumpkin Seeds **30g**
 - Peanuts **26g**
 - Almonds **21g**
 - Nutritional Yeast **40g**
 - Spirulina (Dried) **57g**
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Values are approximate. Always check nutritional labels for accuracy.