

Plant-Based Protein Sources

High-protein fuel from whole food plants

FOOD ITEM	SERVING SIZE	PROTEIN (G)
Legumes & Beans		
Tempeh	1/2 cup	15g
Lentils (Cooked)	1/2 cup	9g
Chickpeas (Cooked)	1/2 cup	7g
Edamame (Shelled)	1/2 cup	9g
Grains		
Seitan	3 oz	21g
Quinoa (Cooked)	1 cup	8g
Spelt (Cooked)	1 cup	11g
Nuts & Seeds		

FOOD ITEM	SERVING SIZE	PROTEIN (G)
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Hemp Seeds	3 tbsp	10g
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Pumpkin Seeds	1/4 cup	9g
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Peanut Butter	2 tbsp	8g
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Chia Seeds	2 tbsp	5g
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Vegetables

Spinach (Cooked)	1 cup	5g
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Broccoli	1 cup	3g
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