

VEGAN MUSCLE PROTEIN CHART

Optimal Plant-Based Sources for Hypertrophy

FOOD SOURCE	SERVING SIZE	PROTEIN (G)	CALORIES (APPROX)
Soy & Legumes			
Seitan (Wheat Gluten)	3 oz (85g)	21g	104
Tempeh (Fermented Soy)	1 cup	31g	320
Extra Firm Tofu	1/2 cup	10g	94
Lentils (Cooked)	1 cup	18g	230
Edamame (Prepared)	1 cup	17g	188
Grains & Seeds			
Pumpkin Seeds	1/4 cup	9g	180
Hemp Hearts	3 tbsp	10g	166

FOOD SOURCE	SERVING SIZE	PROTEIN (G)	CALORIES (APPROX)
Quinoa (Cooked)	1 cup	8g	222
Sprouted Bread	2 slices	8g	160
Supplements			
Pea/Rice Protein Blend	1 scoop (30g)	24g	120
Nutritional Yeast	2 tbsp	8g	60

**Combine various sources to ensure a complete amino acid profile for muscle recovery.*