

PLANT-BASED BREAKFAST PROTEIN

FOOD ITEM	SERVING SIZE	PROTEIN (G)
Tempeh	1/2 Cup	15
Seitan	3 oz	21
Tofu (Firm)	1/2 Cup	10
Hemp Seeds	3 Tbsp	10
Greek-style Soy Yogurt	1 Cup	10
Red Lentils (Cooked)	1/2 Cup	9
Spelt / Kamut	1 Cup cooked	6
Nutritional Yeast	2 Tbsp	8
Peanut Butter	2 Tbsp	8
Pumpkin Seeds	1/4 Cup	9

FOOD ITEM	SERVING SIZE	PROTEIN (G)
Oats (Rolled)	1/2 Cup dry	
Chia Seeds	2 Tbsp	

Values are approximate. Mix and match sources for a complete amino acid profile.