

PLANT-BASED PROTEIN GUIDE

| FOOD | SERVING SIZE | GRAMS OF PROTEIN |
|--|----------------|------------------|
| Chickpeas | 1 cup | 39 grams |
| Soybeans | 1 cup | 28 grams |
| Lentils | 1 cup | 18 grams |
| Refried Beans | 1 cup | 15.5 grams |
| Beans (Pinto, Kidney or Black Beans) | 1 cup | 13-15 grams |
| Avocado | 1 medium-sized | 10 grams |
| Nut butters (Peanut, Almond or Cashew) | 2 Tbsp | 8-10 grams |
| Non-dairy Milks (Soy, Almond, Hemp or Coconut) | 1 cup | 9 grams |
| Quinoa | 1 cup | 9 grams |
| Tahini | 3 Tbsp | 8 grams |
| Peanuts | 1 oz | 6.5 grams |
| Sesame Seeds | 1 oz | 6.5 grams |
| Oatmeal | 1 cup | 6 grams |
| Pistachios | 1 oz | 5.8 grams |
| Broccoli | 1 cup | 5 grams |
| Kale | 2 cups | 5 grams |
| Spinach | 1 cup | 5 grams |
| Sweet Potato | 1 cup | 5 grams |
| Walnuts | 1/4 cup | 5 grams |
| Cashews | 1 oz | 4.4 grams |
| Alfalfa Sprouts | 3.5 oz | 4 grams |
| Almonds | 2 Tbsp | 4 grams |
| Broccoli Rabe | 3.5 oz | 3.2 grams |
| Hemp Seeds | 1 oz | 1 grams |

Other Sources: spirulina, chlorella, sea vegetables, nutritional yeast

