Plant-Based Protein Sources
3 oz. seitan
3 tbsp. pea protein
4 tbsp. vanilla protein powder
3 oz. tempeh
1/2 cup edamame
3 tbsp. hemp hearts
3 oz. tofu
1/2 cup quinoa
2 tbsp. nutritional yeast
1/2 cup navy beans
1/2 cup chickpeas
1/2 cup pinto beans
1/2 cup refried beans
1/2 cup cannellini beans
2 tbsp. sun butter
3 tbsp. chia seeds
1 oz. almonds
3 tbsp. sunflower seed
1 cup oatmeal
1 cup couscous
1 cup brown rice
3 tbsp. pumpkin seeds
1 medium baked potato (skin on)
1/2 cup green peas
1 cup white rice
1 oz. walnuts
3 tbsp. flax seed meal
1 large baked sweet potato
1 cup broccoli florets
1 oz. pecans
1 cup green beans
1 cup white mushrooms
0
5
10
15
20
Protein (g)