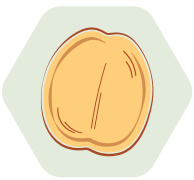
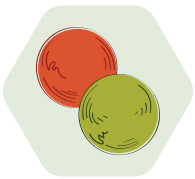
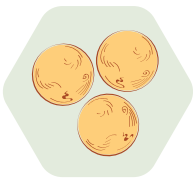
PLANT-BASED 30 FOODS FOR PROTEINS

Support your body's building blocks to stay strong, stable and healthy.

Oats

1/2 cup =
13 gram protein

Lentils

1 cup =
18 gram protein

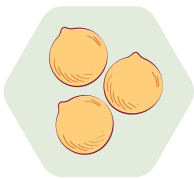
Amaranth

1 cup =
9.3 gram protein

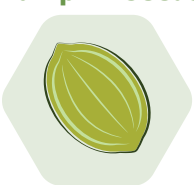
Kidney beans

1 cup =
14.5 gram protein

Quinoa

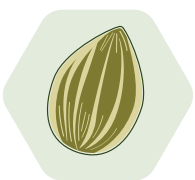
1 cup =
8.2 gram protein

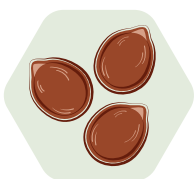
Chickpeas

1 cup (cooked) =
15 gram protein

Pumpkin seeds

1 ounce =
7 gram protein

Sesame seeds

1 cup =
25.5 gram protein

Sunflower seeds

1 cup =
9.6 gram protein

Flaxseeds

1 cup =
31 gram protein

Hemp seeds

3 tbsp =
10 gram protein

Chia seeds

1 cup =
4 gram protein

Spinach

1 cup =
1 gram protein

Green peas

1/2 cup =
4 gram protein

Broccoli

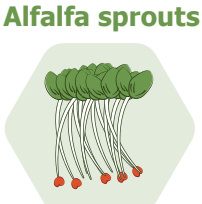
2 spears (75g) =
1.8 gram protein

Asparagus

5 spears (75g) =
1.8 gram protein

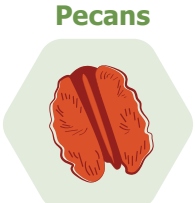
Brussel sprouts

4 sprouts (84g) =
2.1 gram protein

Alfalfa sprouts

2 cups (66g) =
2.6 gram protein

Black walnuts

1 cup =
over 30 gram protein

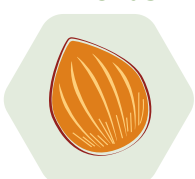
Pecans

1 cup =
10 gram protein

Pistachios

1 cup =
25 gram protein

Cashews

1 cup =
25 gram protein

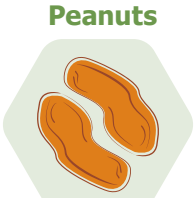
Almonds

1 cup =
20 gram protein

Hazelnuts

1 cup =
17 gram protein

Macadamian nuts

1 cup =
11 gram protein

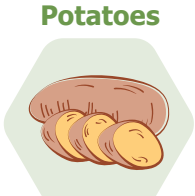
Peanuts

1/4 cup (dry, roasted) =
10 gram protein

Peanut butter

2 tbsp =
8 gram protein

Tahini

1 tbsp =
3 gram protein

Potatoes

1 potato =
5 gram protein

Hemp

1 ounce =
10 gram protein