

Plant-Based Protein Examples



Almonds

1/2 cup - 16g Protein



Baked Potato

1 Lg. - 8g Protein



Black Beans

1/2 cup - 6g Protein



Chickpeas

1/2 cup - 7g Protein



Hemp Protein

1/4 cup - 15g Protein



Lentils

1 cup - 18g Protein



Nutritional Yeast

1/4 cup - 8g Protein



Peanuts

1/2 cup - 20g Protein



Pea Protein

20 grams - 15g Protein



Quinoa

1 cup - 8g Protein



Seitan

3.5 oz. - 25g Protein



Tempeh

1/2 cup - 15g Protein



Tofu

1/2 cup - 10g Protein