

10

BEST SOURCES OF PLANT BASED PROTEIN

1

TEMPEH & MISO

1 piece tempeh (85g) and 1/2 cup miso (140g) each contain 16g protein.

2

AMARANTH

100g cooked amaranth contains 14g protein.

3

NUTRITIONAL YEAST

3tbs nutritional yeast contains approx. 12g protein.

4

LENTILS & CHICKPEAS

1/2 cup cooked (100g) of each contain 9g protein.

5

SPIRULINA

2tbs spirulina contains approx. 8g protein.

6

PUMPKIN, SESAME & SUNFLOWER SEEDS

30g of each type of seed contains 7g protein.

7

QUINOA

3/4 cup cooked or 50g raw contains 6g protein.

8

RAW NUTS

30g nuts (25 almonds, 14 cashews or 17 walnuts) each contain 6g protein.

9

BROWN/BLACK/RED RICE

1 cup cooked of each provides 5g protein.

10

CHIA SEEDS

1tbs or 15g contains 3g protein.

