

PLANT PROTEIN

Cheat Sheet

PLANT-BASED PROTEIN TYPES

Carby Proteins	Fatty Proteins	Protein Proteins
Oats Amaranth Millet Buckwheat Quinoa Brown Rice Legumes GF pasta	Nuts Seeds Tofu Tempeh Edamame	Chlorella Spirulina Nutritional yeast (Eggs) (Yoghurt)

MUTUAL SUPPLEMENTATION

Remember to combine any 2 foods
from these 3 groups.

wholegrain + nut/seed
wholegrain + legume
nut/seed+ legume

Eg. beans on wholegrain toast
chickpea hummus on wholegrain crackers
vegetable and bean curry with rice
oats with nut butter

