

PLANT-BASED SOURCES OF PROTEIN

WWW.REALGOODEATS.CA



TEMPEH
20g - 4oz



SEITAN
20g - 4oz



EDAMAME
12g - ½ cup



CHICKPEA MILK
10g - 1 cup



LENTILS
9g - ½ cup cooked



TOFU
8g - 4oz



SOY MILK
8g - 1 cup



CHICKPEAS
8g - ½ cup



BEANS
8g - ½ cup



PASTA
8g - ½ cup dry



LIMA BEANS
6g - ½ cup



NUTS
6g - ¼ cup



AMARANTH
5g - ½ cup



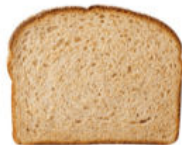
QUINOA
4g - ½ cup cooked



OATS
4g - 1/3 cup dry



PEAS
4g - ½ cup



WHOLE GRAIN BREAD
4g - 1 slice



SPIRULINA
4g - 1 tbsp



POTATO
4g - 1 medium



NUT BUTTER
4g - 1 tbsp



HEMP SEEDS
3g - 1 tbsp



TAHINI
3g - 1 tbsp



SPINACH
3g - ½ cup cooked



NUTRITIONAL YEAST
2g - 1 tbsp



CHIA SEEDS
2g - 1 tbsp