

VEGAN PROTEIN

Sources

Soy

Tofu, regular with added calcium 10g
Soybeans, cooked 11g
Soy milk 7g
Tempeh 15g
Soy Isolate, 12g

Other

Seitan 15g
Grains: Quinoa, brown rice, oats, barley 2-7g

Legumes

Black beans cooked 8g
Black-eyed peas, cooked 7g
Chickpeas, cooked 8g
Fava beans, cooked 7g
Kidney beans, cooked 8g
Lentils, cooked 9g
Pinto beans, cooked 8g
Split peas, cooked 8g
White beans, cooked 8g

Nuts & Seeds

Almonds 6g
Brazil nuts 4g
Cashews 4g
*Chia seeds 4g
*Flax seeds 5g
Hazelnuts 4g
*Hemp seeds, shelled 9g
Macadamia nuts 2g
Peanuts/peanut butter 8g
Pecans 3g
Pine nuts 4g
Pistachios 6g
Pumpkin seeds 7g
Sunflower seeds 5g
*Walnuts 4g

*High in omega 3s