Sources of Plant Based Proteins

- Black Eyed Peas: 1/2 cup cooked = 13.5 grams
- Edamame: 1/2 cup cooked = 13 grams
- Quinoa: 1/2 cup cooked = 12 grams
- Tofu: 1/2 cup = 10 grams
- Lentils: 1/2 cup cooked = 9 grams
- Pumpkin Seeds: 3 tbsp = 9 grams
- Pinto Beans: 1/2 cup cooked = 8 grams
- Black Beans: 1/2 cup cooked = 8 grams
- Baked Potato: 1 Large = 8 grams
- Chickpeas: 1/2 cup cooked = 7.5 grams
- Peanuts: 1 ounce = 7 grams
- Whole Brown Flaxseeds: 3 tbsp = 6 grams
- Sunflower Seeds: 3 tbsp = 6 grams
- Almonds: 1 ounce = 6 grams
- Spinach: 1 cup = 5 grams
- Cashews: 1 ounce = 5 grams
- Walnuts: 1 ounce = 4.5 grams
- Baked Sweet Potato: 1 Large = 4 grams
- Green Peas: 1/2 cup cooked = 4 grams
- Peanut Butter: 1 tbsp = 4 grams
- Broccoli: 1 cup cooked = 4 grams
- Almond Butter: 1 tbsp = 3.5 grams
- Steel-Cut Oatmeal: 1/2 cup cooked = 3.5 grams
- Wild Rice: 1/2 cup cooked = 3.5 grams
- Couscous: 1/2 cup cooked = 3.5 grams

Plant forward with us...