

PLANT-BASED

PROTEIN SOURCES



DRY LENTIL FLOUR
28g/100g
8g/1oz



PUMPKIN SEEDS
24g/100g
7g/1oz



PEANUT BUTTER
23g/100g
6g/1oz



TAHINI
22g/100g
6g/1oz



ALMONDS
21g/100g
6g/1oz



PISTACHIOS
21g/100g
6g/1oz



FLAX SEEDS
18g/100g
5g/1oz



CASHEWS
18g/100g
5g/1oz



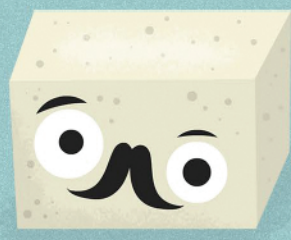
OATS
17g/100g
5g/1oz



SOYBEANS
17g/100g
5g/1oz



CHIA SEEDS
16g/100g
4g/1oz



TOFU
15g/100g
4g/1oz



HAZELNUT
15g/100g
4g/1oz



WALNUT
15g/100g
4g/1oz



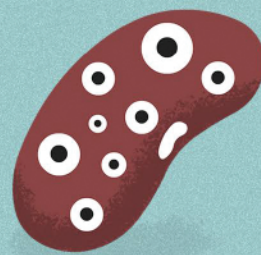
WHOLE WHEAT BREAD
11g/100g
3g/1oz



LENTILS
9g/100g
3g/1oz



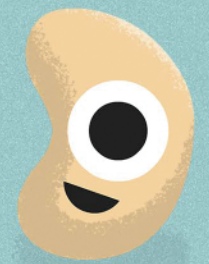
CHICKPEAS
9g/100g
3g/1oz



RED BEANS
9g/100g
3g/1oz



PECANS
9g/100g
3g/1oz



LIMA BEANS
8g/100g
2g/1oz



MACADAMIA NUTS
8g/100g
2g/1oz



PEAS
5g/100g
1g/1oz



QUINOA
4g/100g
1g/1oz



SPINACH
3g/100g
1g/1oz



POTATO
2g/100g
1g/1oz

[PROTEIN CONTENT FOR A SERVING SIZE OF COOKED LEGUMES]