



Plant-Based Protein Guide

You can meet your protein needs with plant-based foods. Refer to this helpful guide to keep track.

4 grams
protein per serving

2 tablespoons chia seeds
2 tablespoons flaxseed (ground)
1 medium potato

1 cup sweet potato (mashed)
1/4 cup walnuts

5 grams
protein per serving

1/2 cup hummus
1 cup peas (cooked)
1 cup spinach (cooked)

6 grams
protein per serving

1 cup brown rice (cooked)
1/2 cup chickpeas (canned)
2 tablespoons hemp seeds

1 cup oats (cooked)

7 grams
protein per serving

2 tablespoons almond butter
1/2 cup black beans (canned)
1/4 cup sunflower seeds

1 cup whole wheat pasta (cooked)

8 grams
protein per serving

1/4 cup almonds
2 tablespoons peanut butter (chunky)
1 cup quinoa (cooked)

9 grams
protein per serving

1/2 cup lentils (cooked)
1/4 cup peanuts

