# Plant-Based Protein Guide

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

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| **9 grams** protein per serving | 1/2 cup lentils (cooked)<br>1/4 cup peanuts | |
| **8 grams** protein per serving | 1/4 cup almonds<br>2 tablespoons peanut butter (chunky)<br>1 cup quinoa (cooked) | |
| **7 grams** protein per serving | 2 tablespoons almond butter<br>1/2 cup black beans (canned) | 1/4 cup sunflower seeds<br>1 cup whole wheat pasta (cooked) |
| **6 grams** protein per serving | 1 cup brown rice (cooked)<br>1/2 cup chickpeas (canned) | 2 tablespoons hemp seeds<br>1 cup oats (cooked) |
| **5 grams** protein per serving | 1/2 cup hummus<br>1 cup peas (cooked) | 1 cup spinach (cooked) |
| **4 grams** protein per serving | 2 tablespoons chia seeds<br>2 tablespoons flaxseed (ground)<br>1 medium potato | 1 cup sweet potato (mashed)<br>1/4 cup walnuts |

Source: FoodData Central. United States Department of Agriculture (USDA): Agricultural Research Service. Accessed April 13, 2026. https://fdc.nal.usda.gov.