



Plant-Based Protein Guide

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

9 grams protein per serving	1/2 cup lentils (cooked) 1/4 cup peanuts
8 grams protein per serving	1/4 cup almonds 2 tablespoons peanut butter (chunky) 1 cup quinoa (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)
6 grams protein per serving	1 cup brown rice (cooked) 1/2 cup chickpeas (canned) 2 tablespoons hemp seeds 1 cup oats (cooked)
5 grams protein per serving	1/2 cup hummus 1 cup peas (cooked) 1 cup spinach (cooked)
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