

# ***Power Your Day with Plant Based Protein!***

Beans (1/2 cup) 7 g

Buckwheat (1/2 cup) 3 g

Brown Rice (~ 1 cup cooked) 3 g

Chickpeas (1/2 cup) 6 g

Chia Seeds (2 Tablespoons) 6 g

Edamame (1/2 cup) 9 g

Hemp Seeds (3 Tablespoons) 10 g

Lentils (1/2 c) 9 g

Nuts (1/4 cup) 5-9 g

Nut Butter (2 T) 8 g

Nutritional Yeast (3 Tablespoons) 12 g

Oats (~1 cup cooked) 5 g

Quinoa (~1 cup cooked) 6 g

Seeds (Pumpkin, Sesame, Sunflower) (1/4 cup) 6-9 g

Spirulina (2 Tablespoons) 8 g

Sorghum (~1 cup cooked) 5 g

Soy Milk (1 cup) 8 g

Tempeh (3 oz) 16 g

Tofu (1/2 cup) 10 g

Vegan Protein Powder (1 scoop) 15-20 g

Whole Grain Bread (1 slice) 3-6 g

*Aim for 20+ grams at breakfast and each meal.*

EA Stewart, Spicy RD Nutrition  
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