

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

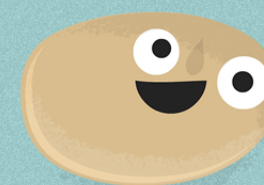
5g/1oz



OATS

17g/100g

5g/1oz



SOYBEANS

17g/100g

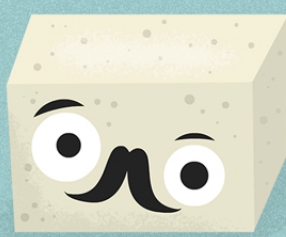
5g/1oz



CHIA SEEDS

16g/100g

4g/1oz



TOFU

15g/100g

4g/1oz



HAZELNUT

15g/100g

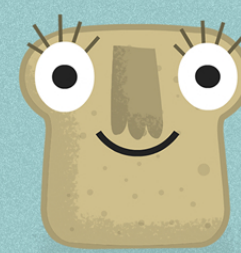
4g/1oz



WALNUT

15g/100g

4g/1oz



WHOLE WHEAT BREAD

11g/100g

3g/1oz



LENTILS

9g/100g

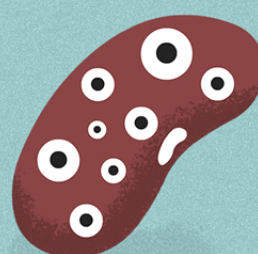
3g/1oz



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]

