

# PLANT-BASED PROTEIN Chart

w/ approximate numbers

lentils (18 g)      edamame (18 g)  
adzuki beans (17 g)      tofu (17 g)  
kidney beans (15 g)      tofu (10 g)  
chickpeas (15 g)  
mung beans, cooked (14 g)

## Beans/Legumes/ Soy products (1 cup or 85 g)

triticale (25 g)  
teff (9 g)  
amaranth (9 g)  
quinoa (8 g)  
wild rice (7 g)  
millet (6 g)  
buckwheat (5 g in 1/4 cup)

## Grains (1 cup or 85 g)

hemp, hulled (13 g)      almonds (6 g)  
pumpkin (9 g)      cashews (6 g)  
sunflower (7 g)      pistachios (6 g)  
chia (7 g)      brazil (4 g)  
sesame, unhulled (6 g)      walnuts (4 g)

## Seeds + Nuts (1/4 cup)

spirulina powder (8 g in 1 tbsp)  
kale, raw (4 g)  
broccoli, cooked (4 g)  
spinach, raw (2 g in 1/4 bunch)  
swiss chard, cooked (3 g)  
wakame (2 g)

## Earth + Sea Greens (1 cup or 85 g)

green peas (8 g)  
beet (5 g)  
artichoke (4 g)  
jerusalem artichoke, sliced (3 g)  
squash (2 g)  
zucchini (2 g)  
mushrooms, brown, shiitake (2 g)  
sweet potatoe (2 g)  
tomatoe (2 g)

## Colorful Veggies (1 cup)

coconut meat (11 g)      pomegranate (2 g)  
avocado (7 g)      figs (2 g)  
grapes (4 g)      blackberries (2 g)  
guava (4 g)      peach (2 g)  
durian (4 g)      grapefruit (2 g)  
goji berries (4 g)      kiwi (2 g)  
mulberries (4 g)      pear (2 g)  
cherimoya (3 g)      apricot (2 g)

## Fruit (1 each or 1/4 cup)

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