



# Plant-Based Protein

Whether you want to go Vegan or practice Meatless Mondays, this guide will show you the BEST sources of plant-based protein and which ones to avoid.



# PLANT-BASED PROTEIN

Yes Foods



## Tempeh, tofu, & edamame

These soy-based foods pack a protein punch, but it pays to be choosy. 90% of US grown soy is GMO, so always opt for organic versions.

Tempeh: 19 grams per 3 oz  
tofu: 8 grams per 3 oz  
Edamame: 17 grams per cup



## Quinoa

While technically a seed, this gluten free pseudo grain is a complete protein source, meaning it provides you with all 9 essential amino acids.

1 cup = 8 grams protein



## Hemp Seeds

Also a complete protein, these seeds come from the cannabis plant. They have a nutty flavor and are an excellent source of protein and healthy fats.

3 tbsp = 9 grams protein



## Chia seeds

Chia seeds are not only a complete protein, they're rich in antioxidants and omega-3 fatty acids. For a simple way to enjoy this food, try some [chia pudding](#).

2 tbsp = 4.7 grams protein



## Nuts

nuts are good sources of protein and healthy fats. But they're also calorie-dense so stick to 1/4 cup.

almonds: 7 g per 1/4 cup  
walnuts: 4.5 g per 1/4 cup  
cashews: 5 g per 1/4 cup  
brazil nuts: 4.8 g per 1/4 cup  
pistachios: 6 g per 1/4 cup



## Seeds

Also rich in protein and healthy fats, seeds are an easy add-in to your diet. Just watch your portions, as they're also calorie-dense.

pumpkin seeds: 10 g in 1/4 cup  
flax seeds: 2 g per tbsp  
sunflower seeds: 6 g per 1/4 c  
sesame seeds: 1.6 g per tbsp



## Nutritional Yeast

Nutritional yeast is an excellent source of protein, minerals, and b-vitamins, including B12. Plus, It adds a delicious, cheesy flavor to dairy-free dishes.

2 tbsp = 8 grams protein



## high-protein vegetables

Believe it or not, certain veggies offer a protein punch, including:

broccoli: 2.5 g in 1 cup  
asparagus: 3 g in 1 cup  
Brussel sprouts: 4 g in 1 cup  
kale: 3 g in 1 cup  
Potato: 3 g in 1 cup



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*Well it Depends*



## Beans

beans & other legumes are a rich source of fiber, which feed your healthy gut bacteria.

chickpeas: 7 g per 1/2 cup  
black beans: 8 g per 1/2 cup  
kidney beans: 7 g per 1/2 cup  
pinto beans: 8 g per 1/2 cup  
white beans: 8.5 g per 1/2 cup



## Legumes

While all beans are legumes, not all legumes are beans. here are a few non-bean legumes that are good sources of plant protein:

Lentils: 18 g per cup  
peas: 8.6 g per 1/2 cup  
Peanuts: 9.5 g per 1/2 cup  
green beans: 2 g per cup



## Grains

Linked with heart health, whole grains are rich in b-vitamins and fiber, helping you feel full longer.

oatmeal: 6 g per 1/2 cup (dried)  
brown rice: 4 g per 1/2 cup (cooked)  
wild rice: 3 g per 1/2 cup (cooked)  
buckwheat: 3 g per 1/2 cup (cooked)  
millet: 3 g per 1/2 cup (cooked)

NOTE: Beans, legumes, and grains contain antinutrients such as lectins and phytic acid, which can damage the gut and block nutrient absorption. So while these foods are an excellent source of protein, don't overdo it. Soaking, sprouting, and pressure cooking these foods can dramatically reduce antinutrients and enhance digestibility. For an intro into soaking and sprouting [click here](#).

*Consider in limited quantities*



## Soy protein isolates (SPIs)

As the name suggests, SPI is protein from soy that's been isolated from soy's other ingredients. it's often found in processed vegan foods to add extra protein. The trouble is, most soy crops are heavily sprayed with chemicals during processing. So check the labels and steer clear of this ingredient.



## Meat imitation products

While popular, vegan mockmeats are highly processed and contain artificial colors, flavors, emulsifiers, and other harmful additives. Opt for wholesome, natural sources of plant protein instead.



## Most vegan protein powders

Not all, but many vegan protein powders are contaminated with heavy metals. so always choose brands that perform third-party testing.

