

# Plant-Based Protein Sources

## Nuts and Seeds

Food	Serving	Calories	Protein (grams)	Carbs (grams)
Hemp Seeds	1 oz, shelled	160	10	3
Pumpkin Seeds	1 oz, shelled	170	9	4
Peanut Butter	2 Tbsp	200	8	7
Sunflower Seeds	1 oz, shelled	140	6	6
Flaxseed, ground	1 oz	160	6	10
Almonds	1 oz	170	6	5
Pistachios	1 oz, shelled	160	6	8
Chia Seeds	1 oz	130	6	11
Walnuts	1 oz	190	4	4

## Soy Foods

Food	Serving	Calories	Protein (grams)	Carbs (grams)
Tempeh*	4 oz, cooked	220	21	11
Soybeans	½ cup, cooked	150	15	9
Tofu*	4 oz, regular	100	11	2
Soymilk*	1 cup, unsweet	100	8	8
Edamame	½ cup, cooked	90	7	7

\*varies by brand

## Beans and Legumes

Food	Serving	Calories	Protein (grams)	Carbs (grams)
Lentils	½ cup, cooked	115	9	15
Black Beans	½ cup, cooked	115	8	15
Chickpeas	½ cup, cooked	135	8	22
Pinto Beans	½ cup, cooked	120	8	15
Green Peas	½ cup, cooked	70	5	12

## Grains

Food	Serving	Calories	Protein (grams)	Carbs (grams)
Steel Cut Oats	¼ cup, dry	150	7	30
Wheat Berries	½ cup, cooked	150	6	30
Amaranth	½ cup, cooked	125	5	22
Quinoa	½ cup, cooked	110	4	20

## Vegetables

Food	Serving	Calories	Protein (grams)	Carbs (grams)
Spinach	1 cup, cooked	40	6	7
Broccoli	1 cup, cooked	50	5	10
Collard Greens	1 cup, cooked	60	5	10