

Plant-Based Protein Guide

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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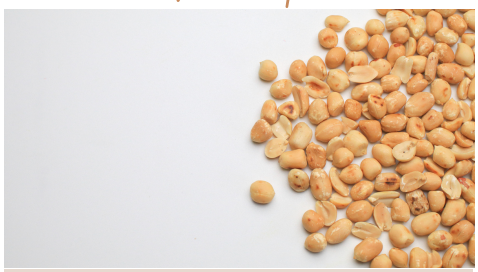
Well, it Depends...



Beans

beans & other legumes are a rich source of fiber, which feed your heathy 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.

No Foods



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. good options include truvani, garden of life, and sun warrior.