PROTEIN FROM PLANTS
Alphabetical

Food Item	Serving Size	Calories	Grams of Protein
Almond Milk	8 oz	56	1
Almonds	1 oz	170	6
Amaranth	½ cup	125	5
Black Beans	½ cup	114	8
Black-eyed Peas	½ cup	99	7
Broccoli	1 cup chopped	55	4
Brown Rice	½ cup	109	2
Cashews	1 oz	163	4
Chia Seeds	2 tbsp	116	4
Chickpeas	½ cup	134	7
Chili with beans	1 cup	264	16
Edamame	½ cup	95	9
Fava Beans	½ cup	94	7
Flax Seeds	1 oz	151	5
Green Peas	½ cup	67	4
Hemp Seeds	2 tbsp	111	6
Hummus	¼ cup	94	4
Kamut	½ cup	114	5
Lentils	½ cup	115	9
Lima Beans	½ cup	108	7
Mycoprotein	3.5 oz	85	11
Nutritional Yeast	2 tbsp	56	8
Oats	½ cup	154	5
Peanut Butter	2 Tbsp	188	7
Peanut Butter Powder	2 tbsp	46	7
Peanuts	1 oz	166	7
Pinto Beans	½ cup	121	8
Pumpkin seeds	1 oz	126	5



Food Item	Serving Size	Calories	Grams of Protein
Pistachios	1 oz	161	6
Quinoa	½ cup	111	4
Red Kidney Beans	½ cup	112	8
Red Mung Bean	½ cup	147	9
Refried Beans	½ cup	107	6
Seitan	1/3 cup	107	21
Soy Milk	8 oz	100	7
Soy Nuts	1 oz	127	12
Spelt	½ cup	123	5
Spinach, cooked	½ cup	21	3
Spirulina	1 tbsp	20	4
Sprouted Grain Breads	1 slice	75	5
Sunflower Seeds	1 oz	155	6
Teff	½ cup	128	5
Tempeh	½ cup (about 3 oz)	162	17
Tofu	½ cup (about 4.5 oz)	103	12
Walnuts	1 oz	185	4
Wheat Berries	½ cup	148	7
Wild Rice	½ cup	83	3



PROTEIN FROM PLANTS
Calorie: Protein Ratio

Food Item	Serving Size	Calories	Grams of Protein
Spirulina	1 tbsp	20	4
Seitan	1/3 cup	107	21
Peanut Butter Powder	2 tbsp	46	7
Nutritional Yeast	2 tbsp	56	8
Spinach, cooked	½ cup	21	3
Mycoprotein	3.5 oz	85	11
Tofu	½ cup (about 4.5 oz)	103	12
Tempeh	½ cup (about 3 oz)	162	17
Edamame	½ cup	95	9
Soy Nuts	1 oz	127	12
Lentils	½ cup	115	9
Fava Beans	½ cup	94	7
Broccoli	1 cup chopped	55	4
Red Kidney Beans	½ cup	112	8
Black-eyed Peas	½ cup	99	7
Black Beans	½ cup	114	8
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Sprouted Grain Breads	1 slice	75	5
Pinto Beans	½ cup	121	8
Lima Beans	½ cup	108	7
Red Mung Beans	½ cup	147	9
Chili with beans	1 cup	264	16
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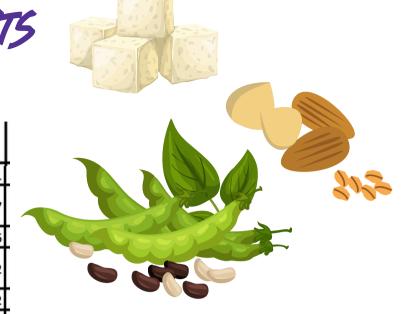


Food Item	Serving Size	Calories	Grams of Protein
Kamut	½ cup	114	5
Hummus	¼ cup	94	4
Peanuts	1 oz	166	7
Spelt	½ cup	123	5
Amaranth	½ cup	125	5
Pumpkin seeds	1 oz	126	5
Teff	½ cup	128	5
Sunflower Seeds	1 oz	155	6
Pistachios	1 oz	161	6
Peanut Butter	2 Tbsp	188	7
Wild Rice	½ cup	83	3
Quinoa	½ cup	111	4
Almonds	1 oz	170	6
Chia Seeds	2 tbsp	116	4
Flax Seeds	1 oz	151	5
Oats	½ cup	154	5
Cashews	1 oz	163	4
Walnuts	1 oz	185	4
Brown Rice	½ cup	109	2
Almond Milk	8 oz	56	1



PROTEIN FROM PLANTS Protein Content

Food Item	Serving Size	Calories	Grams of Protein
Seitan	1/3 cup	107	21
Tempeh	½ cup (about 3 oz)	162	17
Chili with beans	1 cup	264	16
Tofu	½ cup (about 4.5 oz)	103	12
Soy Nuts	1 oz	127	12
Mycoprotein	3.5 oz	85	11
Edamame	½ cup	95	9
Lentils	½ cup	115	9
Red Mung Beans	½ cup	147	9
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Black Beans	½ cup	114	8
Pinto Beans	½ cup	121	8
Peanut Butter Powder	2 tbsp	46	7
Fava Beans	½ cup	94	7
Black-eyed Peas	½ cup	99	7
Soy Milk	8 oz	100	7
Lima Beans	½ cup	108	7
Chickpeas	½ cup	134	7
Wheat Berries	½ cup	148	7
Peanuts	1 oz	166	7
Peanut Butter	2 Tbsp	188	7
Refried Beans	½ cup	107	6
Hemp Seeds	2 tbsp	111	6
Sunflower Seeds	1 oz	155	6

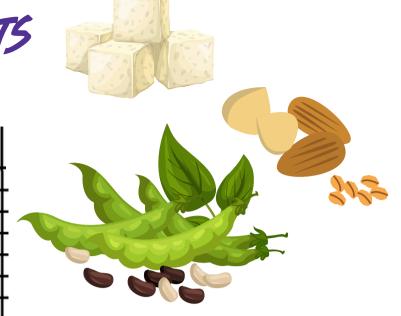


Food Item	Serving Size	Calories	Grams of Protein
Pistachios	1 oz	161	6
Almonds	1 oz	170	6
Sprouted Grain Breads	1 slice	75	5
Kamut	½ cup	114	5
Spelt	½ cup	123	5
Amaranth	½ cup	125	5
Pumpkin seeds	1 oz	126	5
Teff	½ cup	128	5
Flax Seeds	1 oz	151	5
Oats	½ cup	154	5
Spirulina	1 tbsp	20	4
Broccoli	1 cup chopped	55	4
Green Peas	½ cup	67	4
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Cashews	1 oz	163	4
Walnuts	1 oz	185	4
Spinach, cooked	½ cup	21	3
Wild Rice	½ cup	83	3
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PROTEIN FROM PLANTS Calorie Content

Food Item	Serving Size	Calories	Grams of Protein
Spirulina	1 tbsp	20	4
Spinach, cooked	½ cup	21	3
Peanut Butter Powder	2 tbsp	46	7
Broccoli	1 cup chopped	55	4
Nutritional Yeast	2 tbsp	56	8
Almond Milk	8 oz	56	1
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Sprouted Grain Breads	1 slice	75	5
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Fava Beans	½ cup	94	7
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Refried Beans	½ cup	107	6
Lima Beans	½ cup	108	7
Brown Rice	½ cup	109	2
Hemp Seeds	2 tbsp	111	6
Quinoa	½ cup	111	4
Red Kidney Beans	½ cup	112	8
Black Beans	½ cup	114	8
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