

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



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Calorie:Protein Ratio



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