

Plant Protein Sources

FOOD	AMOUNT	GRAMS	
almonds	1/4 cup	7.4	
broccoli	1 cup	5	
brown rice	1 cup	9	
chickpeas	1 cup	15	
flaxseeds	2T	4	
hemp seeds	3T	15	
kale	1 cup	2	
lentils	1 cup	18	
navy beans	1 cup	16	
cannellini beans	1 cup	18	
quinoa	1 cup	10	
spinach	1 cup	5	
sunflower seeds	1 ounce	6	
sweet potato	1 medium	2	
tofu	4 ounces	10	
walnuts	1 ounce	4	
edamame	1/2 cup	9	
pumpkin seeds	1 ounce	9	
hummus	1/4 cup	5	

**** this is a short list. When we eat a wide variety containing vegetables, beans, grains, nuts and seeds rarely is there a difficulty in getting enough protein.