

# plant-based protein sources



plant-based proteins	serving size	protein
Seitan	1 oz.	21 g
Tempeh	3 oz.	15 g
Tofu	3 oz.	8 g
Edamame Beans	1/2 Cup	7 g
Lentils	1 Cup (Cooked)	18 g
Quinoa	1 Cup	8 g
Chickpeas	1 Cup	15 g