

# HIGH QUALITY PLANT-BASED PROTEIN SOURCES

## VEGETABLES

| <u>INGREDIENT</u>   | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|---------------------|---------------|------------------------|
| Spinach             | 1 cup, cooked | 5.35                   |
| Corn                | 1 large cob   | 5                      |
| Collard Greens      | 1 cup cooked  | 5                      |
| Asparagus           | 1 cup, cooked | 4.32                   |
| Sweet Potato        | 1 medium      | 4.02                   |
| Brussels Sprouts    | 1 cup, cooked | 3.89                   |
| Broccoli            | 1 cup, cooked | 3.71                   |
| Dulse, Dried        | 2 tablespoons | 3.62                   |
| Mustard Greens      | 1 cup, cooked | 3.58                   |
| Swiss Chard         | 1 cup, cooked | 3.29                   |
| Beets               | 1 cup         | 2.86                   |
| Mushrooms, Oyster   | 1 cup, cooked | 2.8                    |
| Kale                | 1 cup, cooked | 2.47                   |
| Green Beans         | 1 cup, cooked | 2.36                   |
| Cauliflower         | 1 cup, cooked | 2.28                   |
| Mushrooms, Shiitake | 1 cup, cooked | 2.25                   |
| Squash, Winter      | 1 cup, cooked | 1.82                   |
| Squash, Summer      | 1 cup, cooked | 1.64                   |
| Turnip Greens       | 1 cup, cooked | 1.64                   |
| Tomato              | 1 cup, raw    | 1.58                   |
| Carrots             | 1 cup, raw    | 1.13                   |
| Olives, Black       | 1 cup         | 1.13                   |
| Wheatgrass, Juice   | 2 oz          | 1.00                   |
| Bell Peppers        | 1 cup, raw    | .91                    |
| Celery              | 1 cup, raw    | .70                    |
| Cucumber            | 1 cup, raw    | .68                    |
| Lettuce, Romaine    | 1 cup, raw    | .60                    |

## FRESH FRUIT

| <u>INGREDIENT</u> | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|-------------------|---------------|------------------------|
| Cherimoya         | 1 medium      | 7                      |
| Sapote            | 1 medium      | 5                      |
| Passion Fruit     | 1 cup         | 5                      |
| Pomegranate       | 1 medium      | 4.7                    |
| Guava             | 1 cup         | 4.2                    |
| Avocado           | 1 medium      | 4                      |
| Durian            | 1 cup         | 4                      |
| Jackfruit         | 1 cup         | 2.8                    |
| Blackberries      | 1 cup         | 2                      |
| Grapefruit        | 1 medium      | 1.62                   |
| Raspberries       | 1 cup         | 1.48                   |
| Peach             | 1 medium      | 1.4                    |
| Mango             | 1 cup         | 1.4                    |
| Cantaloupe        | 1 cup         | 1.34                   |
| Papaya            | 1 medium      | 1.30                   |

| <u>INGREDIENT</u> | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|-------------------|---------------|------------------------|
| Banana            | 1 medium      | 1.29                   |
| Orange            | 1 medium      | 1.23                   |
| Figs              | 3 medium      | 1.20                   |
| Blueberries       | 1 cup         | 1.10                   |
| Grapes            | 1 cup         | 1.09                   |
| Strawberries      | 1 cup         | .96                    |
| Watermelon        | 1 cup         | .93                    |
| Pineapple         | 1 cup         | .89                    |
| Kiwi              | 1 medium      | .79                    |
| Pear              | 1 medium      | .64                    |
| Lemon/Lime        | 1 medium      | .60                    |
| Apricot           | 1 medium      | .49                    |
| Apple             | 1 medium      | .47                    |
| Plum              | 1 medium      | .46                    |

## DRIED FRUIT

| <u>INGREDIENT</u> | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|-------------------|---------------|------------------------|
| Goji Berries      | 1 cup         | 15.48                  |
| Mulberries, White | 1 cup         | 12.00                  |
| Goldenberries     | 1 cup         | 12.00                  |
| Raisins           | 1 cup         | 5.07                   |
| Figs              | 1 cup         | 5.00                   |
| Apricots          | 1 cup         | 4.41                   |
| Dates             | 1 cup         | 4.36                   |
| Prunes            | 1 cup         | 3.87                   |

## ALGAE

| <u>INGREDIENT</u> | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|-------------------|---------------|------------------------|
| Chlorella         | 1 tbsp        | 3.77                   |
| Spirulina         | 1 tbsp        | 4.02                   |

## NUTS & SEEDS

| <u>INGREDIENT</u> | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|-------------------|---------------|------------------------|
| Chia Seed         | ¼ cup         | 12                     |
| Hemp Seed         | ¼ cup         | 10                     |
| Flax Seed         | ¼ cup         | 8                      |
| Sunflower Seed    | ¼ cup         | 8                      |
| Almond            | ¼ cup         | 7                      |
| Pumpkin Seed      | ¼ cup         | 7                      |
| Sesame Seed       | ¼ cup         | 7                      |
| Pistachio         | ¼ cup         | 6                      |
| Walnut            | ¼ cup         | 5                      |
| Brazil Nut        | ¼ cup         | 5                      |
| Hazelnut          | ¼ cup         | 5                      |
| Pine Nut          | ¼ cup         | 4                      |
| Cashew            | ¼ cup         | 4                      |

## LEGUMES

| <u>INGREDIENT</u>        | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|--------------------------|---------------|------------------------|
| Lentils                  | 1 cup         | 18                     |
| Adzuki                   | 1 cup         | 18                     |
| White Beans              | 1 cup         | 17                     |
| Navy Bean                | 1 cup         | 16                     |
| Split Peas               | 1 cup         | 16                     |
| Black Bean               | 1 cup         | 15                     |
| Garbanzo Bean(Chickpeas) | 1 cup         | 15                     |
| Kidney Bean              | 1 cup         | 15                     |
| Great Northern Bean      | 1 cup         | 15                     |
| Lima Bean                | 1 cup         | 15                     |
| Black Eyed Peas          | 1 cup         | 14                     |
| Mung Beans               | 1 cup         | 14                     |
| Pinto Beans              | 1 cup         | 14                     |
| Green Peas               | 1 cup         | 9                      |

## GRAINS (cooked)

| <u>INGREDIENT</u> | <u>AMOUNT</u> | <u>PROTEIN (grams)</u> |
|-------------------|---------------|------------------------|
| Spelt*            | 1 cup         | 11                     |
| Black Rice        | 1 cup         | 10                     |
| Teff              | 1 cup         | 9.5                    |
| Amaranth          | 1 cup         | 9.4                    |
| Quinoa            | 1 cup         | 8                      |
| Wild Rice         | 1 cup         | 7                      |
| Millet            | 1 cup         | 6.1                    |
| Oat Groats        | 1 cup         | 6                      |
| Buckwheat         | 1 cup         | 5.7                    |
| Brown Rice        | 1 cup         | 5                      |

\*contains gluten