

# GET YOUR PROTEIN FROM PLANTS

## Soybeans



31g per cup

## Seitan

(and plant based chicken and beef)



21g per 3oz

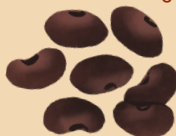
## Sunflower seeds



12g per 1/2 cup

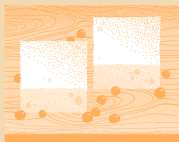
## Black beans

(and other beans and legumes)



15g per cup

## Tofu



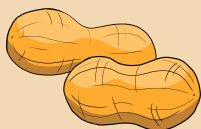
12g per 4oz

## Pasta



7g per cup

## Peanut butter



8g per 2tbsp

## Spinach



5g per cup



**Resource:**

**<https://www.vrg.org/nutrition/protein.php>**