



THE COMPLETE VEGAN PROTEIN SOURCES GUIDE

This guide provides a comprehensive chart of over 50 plant-based protein sources, categorized for easy reference. It includes legumes, soy products, seitan and wheat proteins, nuts and seeds, nut and seed butters, grains, vegetables, and specialty proteins, along with their respective protein content per serving. It's goal is to assist individuals and families in incorporating a variety of vegan protein sources into their diets.

LEGUMES - The Protein Powerhouses

Serving size: 1 cup cooked

Protein Content in Legumes

Protein Content in Legumes	
Legume Type	Protein Content
Red Lentils	18g
Green/Brown Lentils	18g
Cannellini White Beans	17g
Split Peas	16g
Black Beans	15g
Garbanzo Chickpeas	15g
Kidney Beans	15g
Navy Beans	15g
Pinto Beans	15g
Lima Beans	15g

Quick Tip: Buy dried beans in bulk - they're 3x cheaper than canned and keep for years!

SOY PRODUCTS - Complete Amino Acid Champions

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Protein Content in Soy Products

Soy Product	Serving Size	Protein Content
Tempeh	3 oz	15g
Tofu (Extra-Firm)	3 oz	12g
Tofu (Firm)	3 oz	10g
Edamame (shelled)	1 cup	17g
Soy Milk (unsweetened)	1 cup	7g
Soy Yogurt	6 oz	6g

Complete Protein Bonus: All soy products contain all 9 essential amino acids!

SEITAN & WHEAT PROTEINS

Protein Source Comparison

Protein Source	Seitan	Vital Wheat Gluten
Serving Size	3.5 oz	1/4 cup
Protein Content	25g	21g
Plant Protein Ranking	Highest	N/A

Highest Plant Protein: Seitan is the protein champion of the plant world!

NUTS & SEEDS - Portable Protein Boosters

Serving size: 1 oz (about 1/4 cup or small handful), except hemp seeds

Protein Content in Seeds and Nuts

Seed/Nut	Protein Content
Hemp Seeds	10g
Sunflower Seeds	6g
Almonds	6g
Pumpkin Seeds	5g
Cashews	5g
Chia Seeds	5g
Flax Seeds	5g
Walnuts	4g
Brazil Nuts	4g
Pecans	3g

Hemp Seed Hack: Sprinkle on everything - oatmeal, salads, smoothies for instant protein boost!

NUT & SEED BUTTERS

Serving size: 2 tablespoons

Protein Content in Nut Butters

Nut Butter	Protein (per serving)
Peanut	8g
Almond	7g
Sunflower Seed	6g
Cashew	6g
Tahini (Sesame)	5g
Hazelnut	4g

School-Safe Option: Sunflower seed butter is perfect for nut-free zones!

GRAINS - Surprising Protein Contributors

Serving size: 1 cup cooked

Protein Content in Grains

Grain	Protein Content
Amaranth	9g
Quinoa	8g
Wild Rice	7g
Buckwheat	6g
Oats (Steel-cut)	6g
Millet	6g
Brown Rice	5g
Teff	5g
Farro	5g
Barley	4g

Complete Protein Stars: Quinoa and amaranth contain all essential amino acids!

VEGETABLES - The Protein Surprises

Serving size: 1 cup cooked (unless noted)


Protein Content in Vegetables

Vegetable	Protein Content
Green Peas	8g
Spinach (cooked)	5g
Corn (kernels)	5g
Potatoes	4g
Artichoke	4g
Broccoli	3g
Brussels Sprouts	3g
Asparagus	3g


Hidden Veggie Protein: Add spinach to smoothies for 5g extra protein your kids won't even taste!

SPECIALTY PROTEINS


Protein Sources

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Nutritional Yeast

Two tablespoons of nutritional yeast contain eight grams of protein.
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Spirulina

One tablespoon of spirulina contains four grams of protein.
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Chlorella

One tablespoon of chlorella contains three grams of protein.
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Portobello Mushrooms

One cup of portobello mushrooms contains three grams of protein.

Cheesy Flavor: Nutritional yeast adds B12 and protein while tasting like cheese!

Looking for more useful tips and ideas to support your vegan lifestyle? Keep following the <https://busyveganlife.com/> and consider joining our mailing list.