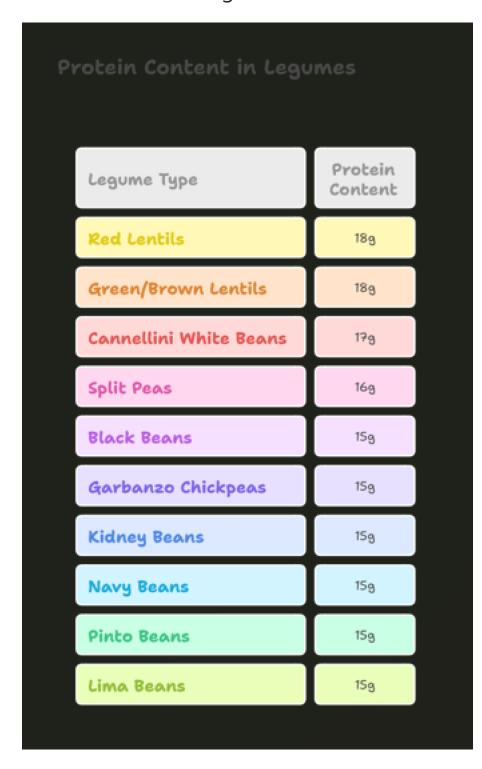


This guide provides a comprehensive chart of over 50 plant-based protein sources, categorized for easy reference. It includes legumes, soy products, seitan and wheat proteins, nuts and seeds, nut and seed butters, grains, vegetables, and specialty proteins, along with their respective protein content 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



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

# **SOY PRODUCTS - Complete Amino Acid Champions**

Quick Tip: Buy dried beans in bulk - they're 3x cheaper than canned and keep for years! SOY PRODUCTS - Complete Amino Acid Champions

### Protein Content in Soy Products

Soy Product	Serving Size	Protein Content
Tempeh	3 02	159
Tofu (Extra-Firm)	3 02	129
Tofu (Firm)	3 02	109
Edamame (shelled)	1 cup	179
Soy Milk (unsweetened)	1 cup	79
Soy Yogurt	6 02	69

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

#### **SEITAN & WHEAT PROTEINS**

## **Protein Source Comparison**



**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



**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

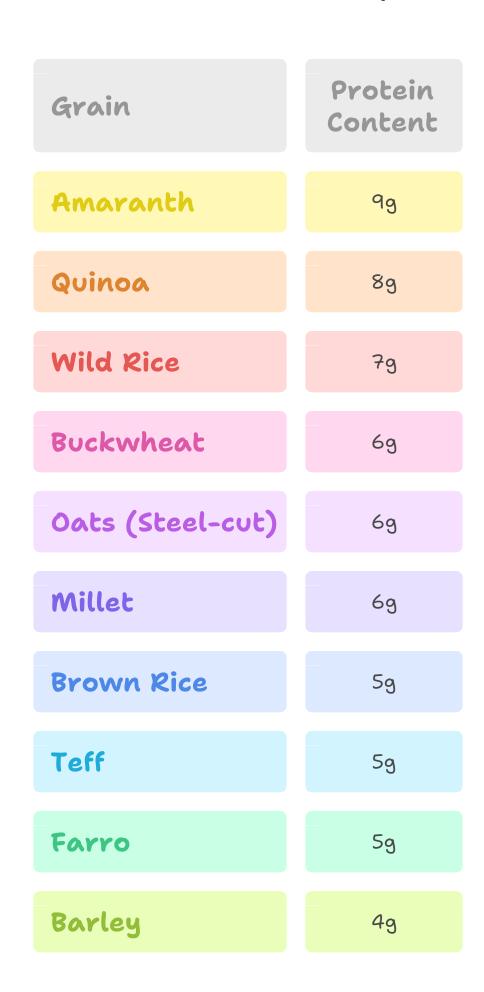


**School-Safe Option:** Sunflower seed butter is perfect for nut-free zones!

# **GRAINS - Surprising Protein Contributors**

Serving size: 1 cup cooked

### Protein Content in Grains



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



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

#### **SPECIALTY PROTEINS**

#### **Protein Sources**



#### Nutritional Yeast

Two tablespoons of nutritional yeast contain eight grams of protein.



#### Spirulina

One tablespoon of spirulina contains four grams of protein.



#### Chlorella

One tablespoon of chlorella contains three grams of protein.



#### 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.