# PRINTABLE **VEGAN PROTEIN LIST**

The next time someone asks you where you get your protein, you can say, "Did you know one cup of cooked sweet potato contains 5 grams of protein?" Or, "did you know that one cup of peas contains over 8 grams of protein." Or, "did you know broccoli contains more protein per calorie than steak?"

You get the picture. A plant-based diet is loaded with protein.

#### Vegan Protein in Vegetables. Grains, Legumes, Fruits & Healthy Fats

Vegetables 1 medium avcedo - 4.2 grams 1 medium artichoke - 3.4 grams 6 spears of asparagus - 2.1 grams 1 cup broccoi - 5 grams 1 cup Brussels sprouts - 3.9 grams 2 cups raw spinach - 1.8 grams 2 cups cooked kale - 5 grams 1 cup bolc de peas - 8.5 grams 1 cup bolc de peas - 8.5 grams 1 cup cooked sweet potato - 5 grams 1 cup cooked cauliflower - 2.2 grams 1 cup cooked cauliflower - 2.2 grams 1 cup cooked cauliflower - 2.2 grams 1 cup cooked mushrow rams 1 cup cooked raw set potato - 4.3 grams 1 medium sweet potato - 4.3 grams 1 medium zucchini - 2.4 grams 1 medium zucchini - 2.4 grams

#### Fruit

Fruit 1 cup of pitted chopped dates - 3.6 grams 1 cup of Guava - 4.2 grams 1 nectarine - 1.5 grams 1 cup died cherimoya - 2.5 grams 1 cup fresh breadfruit - 2.3 grams 1 cup fresh breadfruit - 2.3 grams 1 cup milberries - 2 grams 1 cup milberries - 2 grams 1 cup of graps passionfruit - 5.1 grams 1 pomegranate - 4.7 grams 1 pomegranate - 4.7 grams 1 small box raisins (1.5 ounces) - 1.3 grams 1 cup arapberries - 1.4 grams 1 cupara 1 tomato - 1 gram 1 medium slice of watermelon - 1.7 grams

Legumes 1 cup cooked lentils - 17.9 grams 1 cup cooked sovbeans - 17 grams 1 cup cooked black beans - 15.2 grams 1 cup cooked garbanzo beans - 14.5 grams 1 cup cooked kidney beans - 15.3 grams

### Nuts and Seeds

1 oz. cashews - 4.4 grams 2 tablespoons Hempseed - 6.6 grams 2 tablespoons Chia seeds - 4 grams 1 oz. sesame seeds 6.5 grams, 3 tablespoons of tahini - 8 grams 1/4 cup (2 oz.) walnuts - 5 grams 1 oz. pistachios - 5.8 grams 2 tbsp almonds - 4 grams Nut butters - peanut butter, almond butter, cashew butter - 2 tablespoons has about 8 grams of protein

#### Tofu

1/2 cup serving firm tofu - 10 grams 1/2 cup serving tempeh - 15 grams

Non-dairy milk Almond milk - 1 cup gets you 1-2 grams of protein depending on the brand

Grains Quinoa 1 cup cooked - 8 grams. Buckwheat - 1 cup cooked - 6 grams Seitan, or flavored wheat gluten, has approximately 52 grams per cup Oatmeal - 1 cup - 6 grams Brown Rice - 1 cup cooked - 7 grams Barley - 1 cup cooked - 11 grams Bulgur · 1 cup cooked · 6 grams Amaranth - 1 cup cooked - 12 grams Whole Wheat Pasta - 2 ounces dry - 8 grams Wheat Germ - 1/4 cup - 8 grams

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Vegan Protein List & Seed Comparison Chart

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"Grams of protein one listed per 100 coloines serving, regardless of physical partices. For comparison: Tune has 21.9g, Chicken 20.0g, Tarkey 12.5g, Beef 10.9g, Milk 6.2g, Read post for full details."

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