

# Plant Based Protein Sources

One of the most common questions I get asked when people learn that I eat a plant based diet is, "Where do you get your protein?" This chart answers that question. Plants are full of protein! As long as you eat enough calories for your body and activity level, you should easily meet and exceed your protein needs.



## Tempeh

Serving Size: 3 oz  
Protein: 16g

---



## Black Bean Pasta

Serving Size: 2 oz  
Protein: 15g

---



## Chickpeas

Serving Size: 1 cup  
Protein: 15g

---



### Tofu

Serving Size: 1/4 cup  
Protein: 14g



### Hemp Seeds

Serving Size: 3 tbsp  
Protein: 10g



### Edamame

Serving Size: 1/2 cup  
Protein: 9g



### Black Beans

Serving Size: 1/2 cup  
Protein: 8g



### Lentils

Serving Size: 1/2 cup  
Protein: 8g



### Quinoa

Serving Size: 1 cup  
Protein: 8g



### Whole Grain Bread

Serving Size: 2 slices  
Protein: 8g



### Nutritional Yeast

Serving Size: 2 tbsp  
Protein: 8g



### Peanut Butter

Serving Size: 2 tbsp  
Protein: 7g



### Brown Rice

Serving Size: 1 cup  
Protein: 5g



### Oats (dry)

Serving Size: 1/2 cup  
Protein: 5g



### Spinach

Serving Size: 1 cup  
Protein: 5g



### Hummus

Serving Size: 1/4 cup  
Protein: 5g



### Broccoli

Serving Size: 1 cup  
Protein: 4g



### Tahini

Serving Size: 1 tbsp  
Protein: 3g



### Chia Seeds

Serving Size: 1 tbsp  
Protein: 2g

