

















































































PLANT-BASED TOP PROTEIN RICH FOODS

RANKED FROM HIGHEST TO LOWEST GRAMS PER SERVING

LEGUMES 1 Cup (253g)	GRAINS 1 Cup (253g)	NUTS & SEEDS 1oz (28.4g)	VEGETABLES 1 Cup (253g)	FRUITS 1 Cup (253g)					
 Tofu, Firm (Flow with Calcium Sulfate) 44g	 Tempeh (Soybean, Cooked) 3.5oz (99g) / 18g	 Oats (Uncooked) 23g	 Quinoa (Cooked) 8g	 Hemp Seeds, Heart (Hulled) 9g	 Sunflower Seeds (Dried Kernels) 6g	 Kale (Raw) 2 Cups (453.5g) / 1g	 Bok Choy (1x cup) 3g	 Passion Fruit (1x cup) 5g	 Peach (1x Medium) (225g) / 2g
 Soybeans (Cooked, Boiled, No Salt) 21g	 Lentils (Boiled, No Salt) 18g	 Buckwheat (Uncooked) 26g	 Amaranth (Cooked) 8g	 Pumpkin Seeds (Dried, Roasted, No Salt) 9g	 Mixed Nuts w/ Peanuts (Roasted, No Salt) 6g	 Corn (1x Large-Ear) (214 Cup) / 5g	 Zucchini (1x Medium) 2g	 Dried Figs (Uncooked) 5g	 Watermelon (1x Wedge) (286g) / 2g
 Tofu, Plus Xtra Firm (Nasoya Organic) 23g	 Adzuki & White Beans (Boiled, No Salt) 6oz / 49g	 Oat Bran (Cooked) 23g	 Pasta (Cooked, Egg, Boiled, Whole) 3.5oz / 19g	 Butternuts (Dried) 7g	 Cashew Nuts, Butter (Flow, No Salt) 2 tbsp (30g) / 1g	 Artichoke Hearts (Uncooked) 4g	 Broccoli (Raw) 2g	 Pomegranate (1x Fruit) 5g	 Grapefruit (1x Fruit) 2g
 Soybeans, Green (Boiled, No Salt) 22g	 Peas, Split (Boiled, No Salt) 16g	 Spelt (Cooked) 11g	 Rice, Wild (Cooked) 10g	 Sunflower Seeds, Butter (Flow, No Salt) 2 tbsp (30g) / 7g	 Chia Seeds (Dried) 5g	 Brussels Sprouts (Cooked) 4g	 Spinach (Raw) 2-Cups (454.5g) / 2g	 Guava (1x Fruit) 4g	 Nectarine (1x Fruit) 2g
 Tofu, Regular (Flow with Calcium Sulfate) 20g	 Chili, Bean (Canned) 16g	 Sorghum (Whole-Grain, Flow) 10g	 Couscous (Cooked) 6g	 Peanuts, All Types (Roasted, No Salt) 7g	 Flaxseed (Raw) 5g	 Potato (Boiled) 1 Medium / 3g	 Asparagus (1x Sprout) 2g	 Dates (Pitted, Chopped) 4g	 Cherries (Pitted) 2g
 Seitan (3.5oz / 99g) 20g	 Black Beans, Kidney, Navy (Boiled, No Salt) 15g	 Flour Tortilla (10" Sheet / 70.8g) 10g	 Garbanzo (Cooked) 6g	 Walnuts, Black (Dried) 7g	 Tahini, Sesame Butter (Raw) 5g	 Avocado (1x Medium) 3g	 Sweet Potato (1x Medium) 2g	 Apricot (1x Cup) 2g	 Grapes (1x Cup) 1g
 Navy Beans (Canned) 20g	 Hummus & Garbanzo Beans (Boiled, No Salt) 15g	 Cornmeal (Whole-Grain, Uncooked) 10g	 Rice, Brown (Cooked) 5g	 Almonds (Roasted, No Salt) 6g	 Hazelnuts or Filberts (Roasted, No Salt) 4g	 Cauliflower (Cooked) 2g	 Butternut Squash (Cooked) 2g	 Raspberries, Blackberries (1x Cup) 2g	 Banana (1x Medium) 1g
 Edamame (Frozen, Prepared) 15g	 Baked Beans, Vegetarian (Canned, Flow) 12g	 Kamut, Teff (Cooked) 10g	 Rice, White (Cooked) 4g	 Pistachios (Roasted, No Salt, Raw) 7 pieces / 6g	 Pine Nuts, Pignoli (Dried) 4g	 Mushrooms (Sliced) 3.5oz (99g) / 3g	 Carrots, Cucumbers (1x Cup) 3.5oz (99g) / 3g	 Kiwi (1x Cup) 2g	 Orange (1x Medium) 1g

Source: U.S. Dept. of Agriculture Research Service

1 Cup = 8 oz. - 1/2 Cup = 4 oz. - 1/4 Cup = 2 oz.

Flash Protein Guide

Dr Christian Jessen



Flash Protein Guide:

All About Clinical Research: Word Search and Flash Cards for Ich Guidelines for Good Clinical Practice Solar Biomedical, 2023-02-13 The purpose of this book is to provide novice and experienced clinical research professionals with a fun and effective way of learning and remembering the information found in ICH guidelines for Good Clinical Practice through word searches and flash cards Use the word search activities to help with word associations to help focus on and learn the different parts of the ICH Guidelines for Good Clinical Practice The consolidated tripartite harmonized ICH Good Clinical Practice E6 R2 the Integrated Addendum to E6 R1 General Considerations for Clinical Trials E8 R1 and Clinical Safety Data Management E2A as published in the U S Federal Register May 9 1997 and March 1 1995 respectively are attached to this book for your easy reference when solving the word search puzzles Use the flash cards as a tool for remembering specific GCP rules and CFR regulations in clinical research [Introduction to Healthcare in a Flash!](#) Marilyn Turner, 2012-09-11 Take a unique multimedia approach to understanding the world of health care from the office to clinical settings Learn what it means to work as a team and communicate effectively Then examine the basics of the human body how to assess patients the legal and ethical aspects of health care and how to successfully land your first job as a healthcare professional [Farmers' Guide](#) , 1897 **NCLEX-RN in a Flash** Ray Gapuz, 2009-09-29 Review Guides Certification Prep Pocket Guides **Brilliant Beekeeping: Flash** Adrian Waring, Claire Waring, 2011-04-29 The books in this bite sized new series contain no complicated techniques or tricky materials making them ideal for the busy the time pressured or the merely curious Brilliant Beekeeping is a short simple and to the point guide to that will teach you the basics of beekeeping equipment needed and key tips in just 96 pages Suitable for those who just want to know a bit more before they commit this is an ideal starting point for nature loving homeowner or the tentative beekeeper [Nursing in a Flash](#) , 2008-05-01 Filled with checklists illustrations and more this handy pocket reference gives nurses instant access to essential clinical facts in medical surgical nursing Coverage includes laboratory values troubleshooting equipment drug dosages and ventilator weaning parameters *Pokémon Black & White - Strategy Guide* GamerGuides.com, 2015-10-28 How to become the greatest trainer Unova has ever known with our highly detailed walkthrough of the main story and beyond Pokemon trainers and collectors alike will appreciate our extensive lists of Pokemon and item location ensuring nothing important goes under the Poke Radar Version 1 3 August 2016 Added Encounter rates for every area of the game Updated screenshots to make them a little clearer and added captions where appropriate Fixed tables Version 1 2 Completely restructured the guide to make it easier to follow Sections have been split into several chapters Images and tables retooled to look better on most browsers Hundreds of new illustrative high quality screenshots taken from the game Added many additional side areas and lots of postgame areas Version 1 1 Expanded Training and Battling segments Concise and easy to understand explanations of advanced stat building systems learn how to raise a prize Pok mon Added TM names find the items you want to find

Corrected name and layout errors Also inside Expert strategies for defeating every single gym leader How to collect the various new Pok mon including Legendary Pok mon Thorough Route and Town guides detailing every collectable Pokemon and item Hidden secrets explained How to raise a super squad of undefeatable Pok mon

Basic Medical Language with Flash Cards E-Book Danielle LaFleur Brooks, Myrna LaFleur Brooks, Dale M. Levinsky, 2022-11-16 Build the foundation you need to confidently communicate with your healthcare team Basic Medical Language 7th Edition makes it easy to master the medical terminology needed for success in the health professions This concise text helps you learn and recognize hundreds of medical terms by introducing the suffixes prefixes and combining forms used in building words Brief illustrated lessons present terms by body system and include exercises that ask you to build define and read commonly used medical terms From an expert writing team led by Danielle LaFleur Brooks this book includes realistic case studies and an Evolve website that simplifies learning with animations activities games quizzes and more Emphasis on frequently used medical terms includes words and abbreviations used in clinical settings billing and coding Systemic presentation of medical terms helps you learn and recognize new words by body system and are followed by practical application Engaging exercises include matching building and reading medical terms in context helping you learn medical terms built from word parts as well as those NOT built from word parts Case studies allow you to apply medical terms within the context of a patient s medical condition Word part tables summarize combining forms suffixes and prefixes to help you learn medical terms More than 200 flash cards packaged free with the text make it easier to memorize terms and abbreviations Objectives integrated with headings show lesson objectives and correlate to exercises quizzes and exams Electronic health record mockups familiarize you with the EHRs you will encounter in practice Learning resources on the Evolve website include games activities quizzes videos and an audio program all tied closely to material in the text NEW Introduction to Diagnostic Imaging discusses radiology and features medical terms used in clinical practice NEW Laboratory Medical Terms provide insight into laboratory tests collection techniques and sections of clinical laboratories NEW Expanded quizzes with additional practical application questions conclude each lesson

OECD Guidelines for the Testing of Chemicals, Section 3 Test No. 314: Simulation Tests to Assess the Biodegradability of Chemicals Discharged in Wastewater OECD, 2008-10-16 This Test Guideline describes a method to assess the extent and kinetics of primary and ultimate biodegradation of organic chemicals whose route of entry into the environment begins with their discharge to wastewater It consists of five simulation

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book provides the tools to develop implement and integrate a fire protection program into a company or facility's Risk Management System This definitive volume is a must read for loss prevention managers site managers project managers engineers and EHS professionals Note CD ROM DVD and other supplementary materials are not included as part of eBook file

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