

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 (Flow) 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) 5g	 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, No Salt) 3.5oz / 19g	 Butternuts (Dried) 7g	 Cashew Nuts, Butter (Flow, No Salt) 2 tbsp (30g) / 1g	 Artichoke Hearts (Uncooked) 4g	 Broccoli (Flow) 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 (Flow) 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 (Flow) 5g	 Potato (Boiled) 1 Medium / 3g	 Asparagus (1x Sprig) 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 (Flow) 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) 18g	 Baked Beans, Vegetarian (Canned, Flow) 12g	 Kamut, Teff (Cooked) 10g	 Rice, White (Cooked) 4g	 Pistachios (Roasted, No Salt, Flow) 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

B Lingard



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