8 Plant-based Protein Picks

**Vegetables***
- Peas 9g protein/cup
- Spinach 5g protein/cup

**Beans & legumes***
- Lentils 18g protein/cup
- Edamame 17g protein/cup

**Whole grains***
- Quinoa 8g protein/cup
- Farro 8g protein/cup

**Nuts & seeds***
- Hemp seeds 10g protein/3 tbsp
- Pumpkin seeds 16g protein/cup

How much protein do you need?

- **56 grams/day**
- **46 grams/day**

Recommended daily value for adults

*cooked value