

Proteins for Vegetarians and Vegans

There are lots of vegetarian and vegan Options for proteins.

Food	Serving Size
Beans (black, pinto, chickpeas, etc)	1/2 cup
Lentils	1/2 cup
Green Peas	1 cup
Edamame	1 cup
Chia Seeds	3 Tbsp.
Hemp Seeds	3 Tbsp.
Raw Nuts (almonds, walnuts, pecans)	2 oz.
Tempeh/Tofu	3 oz.
Quinoa/Far	1/2 cup
Buckwheat	1/2 cup
Eggs	1
Yogurt	1/2 cups

Vegetables are recommended for vegetarian and vegan because they are high in protein.

- Artichokes
- Arugala
- Asparagus
- Avocado
- Beets
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cauliflower
- Mushrooms
- Corn
- Spinach

