

SOURCES OF PLANT PROTEIN



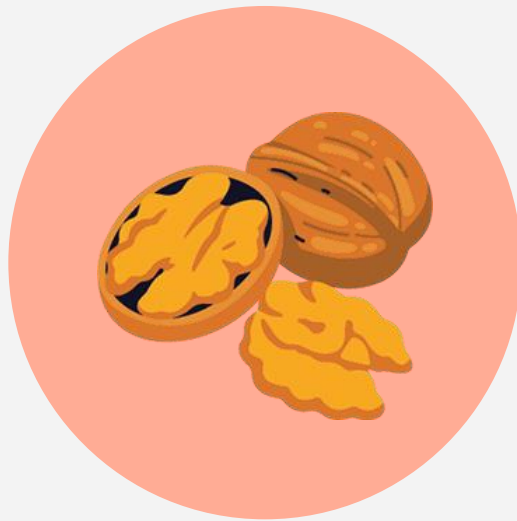
Pinto Beans
1 cup
15 grams



Peas
1 cup
8 grams



Wild Rice
1 cup
7 grams

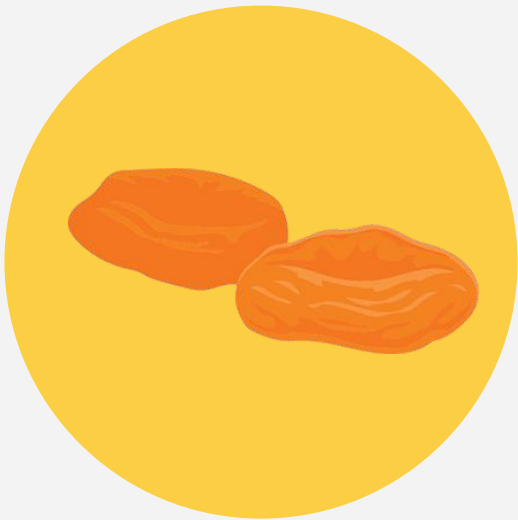


Walnuts
1/4 cup
4 grams



Flax Seeds
1 tablespoon
2 grams

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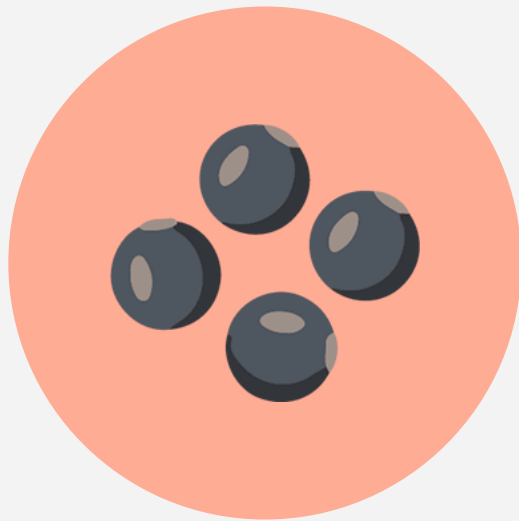
**Dried
Apricots**
2 grams



Chia Seeds
1 ounce
5 grams



Quinoa
1 cup
8 grams

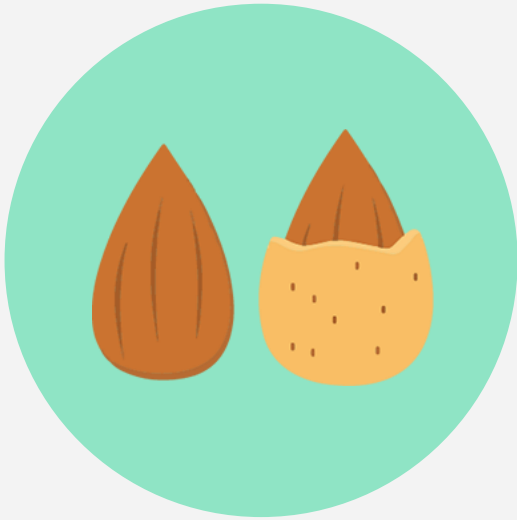


Black Beans
1 cup
15 grams



Broccoli
1 cup
3 grams

SOURCES OF PLANT PROTEIN



Almonds
1/4 cup
8 grams



Edamame
1 cup
17 grams



Avocado
1/2 avocado
2 grams



Spinach
1 cup
1 grams



Oat Bran
1 cup
7 grams