Visual Guide to Plant-Based Protein

- **Lentils** (1 cup): 18g
- **Black Beans** (1 cup): 15g
- **Chickpeas** (1 cup): 12g
- **Kidney Beans** (1 cup): 13g
- **Hemp Seeds** (1/4 cup): 11g
- **Quinoa (cooked)** (1 cup): 9g
- **SaviSeeds** (1 oz / 21 seeds): 9g
- **Soy Milk** (1 cup): 9g
- **Peanut Butter** (2 Tbsp): 8g
- **Oats** (1/3 cup dry): 7g
- **Tofu** (1/4 cup): 6g
- **Almonds** (1 oz): 6g
- **Spinach** (cooked) (1 cup): 5g
- **Brown Rice** (cooked) (1 cup): 5g
- **Broccoli** (cooked) (1 cup): 4g
- **Chia Seeds** (1 Tbsp): 3g
- **Hemp Milk** (1 cup): 2g
- **Dried Fruit** (1/4 cup): 2g

Scale references:
- Tennis Ball
- Apple
- Orange
All of these meal options provide 25g+ of complete protein:

1 cup cooked quinoa
1 cup cooked broccoli
1 cup chickpeas

1 cup cooked brown rice
1 cup cooked lentils
1 cup cooked spinach

½ cup dry oats
2 Tbsp. peanut butter
1 cup soy milk
¼ cup dried fruit

¼ cup hemp seeds
1 Tbsp. chia seeds
1 oz. SaviSeeds
¼ cup dried fruit
Visual Guide to Plant-Based Protein (continued)

Good, Better, Best: Plant-based Protein Choices

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<thead>
<tr>
<th></th>
<th>Good</th>
<th>Better</th>
<th>Best</th>
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<tbody>
<tr>
<td>Vegetables</td>
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<td></td>
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</tr>
<tr>
<td>(1 cup, cooked)</td>
<td>8% 4g</td>
<td>8% 4g</td>
<td>11% 5g</td>
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<tr>
<td>Asparagus</td>
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<tr>
<td>Whole Grains</td>
<td>11% 5g</td>
<td>12% 6g</td>
<td>18% 9g</td>
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<tr>
<td>(1 cup)</td>
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<tr>
<td>Brown Rice</td>
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<tr>
<td>Beans</td>
<td>27% 13g</td>
<td>30% 15g</td>
<td>36% 18g</td>
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<tr>
<td>(1 cup)</td>
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<tr>
<td>Kidney Beans</td>
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<tr>
<td>Nuts</td>
<td>8% 4g</td>
<td>12% 6g</td>
<td>14% 7g</td>
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<td>(1 oz.)</td>
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<tr>
<td>Walnuts</td>
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Note: the US Daily Value (DV) for protein is 50 grams
**HOW TO COOK QUINOA**
With a light, fluffy texture quinoa balances nicely with legumes to form a complete protein. Before cooking quinoa, you must rinse it thoroughly—the seeds are naturally coated in a bitter resin called saponins. While safe to consume, quinoa is more palatable when completely rinsed. Cook quinoa like rice, at a 1:2 quinoa-to-water ratio for 20 minutes.

**HOW TO COOK LENTILS**
These protein-rich legumes are delicious when flavored with curry powder or paste. Bring a large pot to a boil with 2 cups of water or vegetable broth. Add in rinsed lentils and simmer for 30 minutes, uncovered. If you’re using green lentils, you may need to increase this cooking time to 45 minutes. Before serving, stir in lemon juice, curry powder or paste, and spinach, and season with salt and pepper to taste.

**HOW TO COOK VEGETABLES**
If you’re going to cook your veggies, it’s best to leave the skins on to retain the most nutrients. The best method of cooking is steaming, blanching, or roasting—the less contact the vegetable has with water the better, so nutrients don’t leech from the vegetables.