

SOURCES OF PLANT PROTEIN



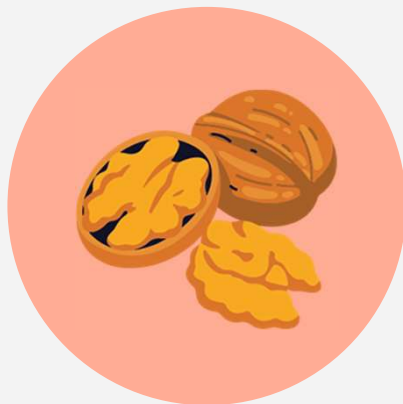
Pinto Beans
1 cup
15 grams



Peas
1 cup
8 grams



Wild Rice
1 cup
7 grams



Walnuts
1/4 cup
4 grams

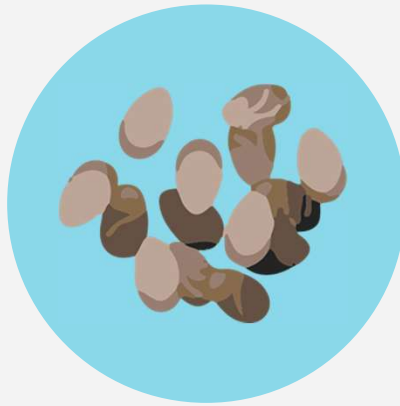


Flax Seeds
1 tablespoon
2 grams

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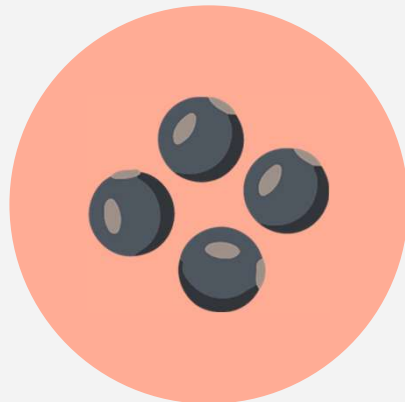
Dried Apricots
1/2 cup
2 grams



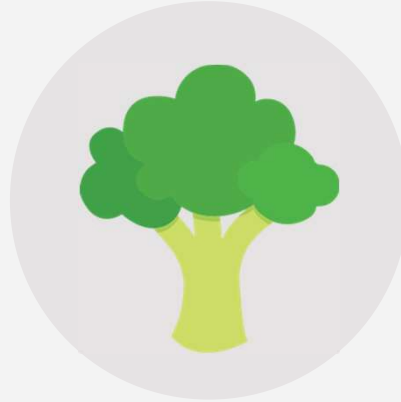
Chia Seeds
1 ounce
5 grams



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

- **Lose fat**
- **Build muscle**
- **Fill the nutritional gaps in your diet**

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