

Plant Based Proteins



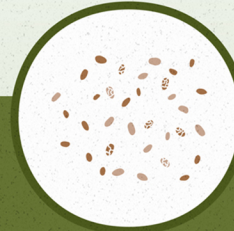
Quinoa

1 cup cooked = 8 g Protein



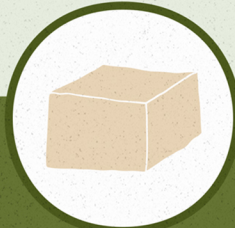
Peas

1 cup cooked = 9 g Protein



Chia Seeds

2 ½ tbsp = 4.7 g Protein



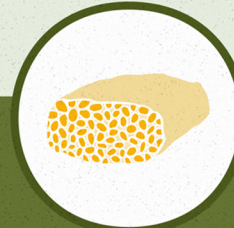
Tofu

1 cup = 20 g Protein



Chickpeas

1 cup cooked = 15 g Protein



Tempeh

1 cup = 31 g Protein



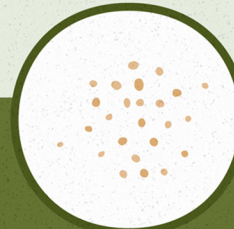
Buckwheat

1 cup cooked = 5.6 g Protein



Black Beans

1 cup cooked = 15 g Protein



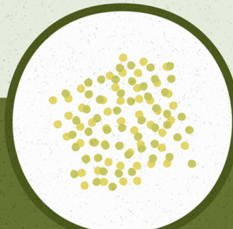
Hemp Seeds

3 tbsp = 9.5 g Protein



Mycoprotein

1 serving = 10.5 g Protein



Lentils

1 cup cooked = 18 g Protein



Plant-Based Meat

1 serving = 14-20 g Protein

WebstaurantStore

Protein amounts are a general estimation for comparison purposes only. Refer to the nutrition facts label on the individual product for accurate protein content.