

**TOP 10**  
*sources of plant-based  
protein*

- 1** Any non-soy protein powder - 25g
- 2** Organic tempeh 150g - 28g
- 3** Lentils 1 cup - 19g
- 4** Organic soy milk 1 cup - 8g
- 5** Edamame (in the pod) 1 cup - 18g
- 6** Almonds 1/2 cup - 16g
- 7** Hemp seeds 3Tbsp - 10g
- 8** Eggs x2 - 14g
- 9** Refried beans 1/2 cup - 8g
- 10** Intact whole grains (quinoa, wheat berries)