

PLANT-BASED PROTEIN SOURCES

MEAT ALTERNATIVES

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
SEITAN	44	10	4	2	W
TEMPEH	38	25	9	12	S
NATTO	35	23	20	10	S
MISO	22	43	10	9	S
TOFU	17	4	9	4	S
TEXTURED VEGETABLE PROTEIN (1/4 CUP OR 25G*)	13	0	1	5	S
<u>HSN BLACK BEAN BURGER</u> (1 PATTY*)	9	28	5	9	W
JUST EGG (3 TBSP OR 46G*)	5	1	5	0	-

Based on cooked portions equal to ~180g (6 ounces) unless noted otherwise

PLANT-BASED PROTEIN SOURCES

DAIRY ALTERNATIVES

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
NUTRITIONAL YEAST (1/2 CUP DRY*)	22	13	0	9	-
SOY YOGURT, UNSWEETENED	6	7	3	1	S
DAIYA YOGURT, PLAIN	5	10	6	2	-
SOY MILK, UNSWEETENED	4	2	2	1	S
FLAXMILK WITH PROTEIN	3	1	1	0	-
ALMOND MILK YOGURT, UNSWEETENED	2	4	6	1	-
OAT MILK	1	5	4	1	-
ALMOND MILK	1	1	1	1	-
CASHEW MILK	0	1	1	0	-
CHAO CREAMERY PLANT-BASED CHEESE SLICES (1 SLICE*)	0	4	5	0	S

Based on portions equal to ~120mL (1/2 cup or 4 fluid ounces) unless noted otherwise

PLANT-BASED PROTEIN SOURCES

VEGETABLES

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
GREEN PEAS	11	31	0	11	-
MUNG BEAN SPROUTS	7	12	0	5	-
SNOW PEAS	6	16	0	6	-
SPINACH	6	8	1	5	-
ASPARAGUS	5	8	0	4	-
BROCCOLI	5	14	1	7	-
BRUSSEL SPROUTS	5	14	1	5	-
CAULIFLOWER	4	8	1	5	-
KALE	4	11	1	4	-
MUSHROOMS	4	11	1	4	-

Based on cooked portions equal to ~200g (~1 cup)

PLANT-BASED PROTEIN SOURCES

PROTEIN POWDERS

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
SOY PROTEIN ISOLATE	27	2	1	2	S
PEA PROTEIN ISOLATE	21	4	0	3	-
RICE PROTEIN CONCENTRATE	21	7	1	1	-
PUMPKIN SEED PROTEIN	21	3	2	3	-
SPIRULINA POWDER	20	6	1	0	-
PEANUT PROTEIN	16	8	4	4	-
BROWN RICE PROTEIN	15	13	1	1	-
HEMP PROTEIN	15	7	3	5	-

Based on portion equal to -30G (1 standard scoop)

PLANT-BASED PROTEIN SOURCES

BEANS & LEGUMES

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
LENTIL	9	20	0	8	-
HUMMUS	8	16	20	8	-
EDAMAME	8	9	3	4	S
BLACK BEANS	8	20	0	7	-
SPLIT PEAS	8	21	0	8	-
KIDNEY BEANS	8	20	0	6	-
NAVY BEANS	7	24	1	10	-
PINTO BEANS	6	18	0	6	-
GARBANZO BEANS, CHICKPEAS	6	20	2	7	-

Based on cooked portions equal to - 70G (1/2 cup)

PLANT-BASED PROTEIN SOURCES

NUTS & SEEDS

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
HEMP SEEDS	6	2	10	1	-
PUMPKIN SEEDS	6	3	10	2	-
PEANUTS	5	3	10	2	-
ALMONDS	4	4	10	3	-
PISTACHIOS	4	6	9	2	-
SUNFLOWER SEEDS	4	4	10	2	-
FLAX SEEDS	4	6	8	5	-
SEASAME SEEDS	4	2	12	2	-
CHIA SEEDS	4	6	8	5	-
CASHEWS	3	7	9	1	-
WALNUTS	3	3	13	1	-
BRAZIL NUTS	3	2	13	2	-

Based on portions equal to -20G (1 ounce)

PLANT-BASED PROTEIN SOURCES

GRAINS

	PROTEIN	CARBS	FAT	FIBER	Contains S=Soy W=Wheat
EXPLORE CUISINE BLACK SPAGHETTI	40	30	5	17	-
THE ONLY BEAN BLACK BEAN FETTUCCINE	40	32	6	16	-
EXPLORE CUISINE EDAMAME SPAGHETTI	38	32	6	21	S
ANCIENT HARVEST POW! RED LENTIL ROTINI	22	54	2	11	-
KODIAK CAKE PLANT BASED CLASSIC	20	57	3	7	W
BANZA CHICKPEA PASTA PENNE	18	56	5	8	-
BARILLA PROTEIN PLUS PASTA	16	60	2	8	W
DAVE'S KILLER BREAD BAGEL (1 BAGEL*)	13	44	5	5	W
EZEKIEL BREAD (1 SLICE*)	5	15	1	3	W
QUINOA	4	20	2	3	-
WILD RICE	3	17	0	2	-
OATMEAL	3	14	0	1	-

Based on cooked portions equal to - 90G (1/2 cup) unless noted otherwise*