

GUIDE TO VEGETARIAN PROTEIN SOURCES

It's totally possible to eat less meat and still get your daily requirement of protein with these vegetarian protein sources, which usually contain more fiber and cost less than animal protein sources.

Legumes



	Amount of Protein (g)	Soup	Veggie Patties	Tacos/Burritos	Stir-Fries	Egg Dishes	Smoothies	Oatmeal	Sandwiches	Salads	Grain Bowls	Pastas
Lentils <i>Serving size: 1/2 cup</i>	9	●	●							●	●	
Black Beans <i>Serving size: 1/2 cup</i>	8	●	●	●		●				●	●	
White Beans <i>Serving size: 1/2 cup</i>	7.5	●										●
Pinto Beans <i>Serving size: 1/2 cup</i>	7.5	●		●		●						
Kidney Beans <i>Serving size: 1/2 cup</i>	7.5	●	●							●	●	●
Garbanzo Beans <i>Serving size: 1/2 cup</i>	7	●	●							●	●	●
Black Eyed Peas <i>Serving size: 1/2 cup</i>	6.5	●				●				●	●	●

To get more tips on how to cooking meatless, visit cooksmarts.com/meatless

Grains / What Products



	Amount of Protein (g)	Soup	Veggie Patties	Tacos/Burritos	Stir-Fries	Egg Dishes	Smoothies	Oatmeal	Sandwiches	Salads	Grain Bowls	Pastas
Seitan <i>Serving size: 4 oz</i>	24			●	●						●	
Oats <i>Serving size: 1 cup (cooked)</i>	6						●	●				
Quinoa <i>Serving size: 1/2 cup (cooked)</i>	4	●	●	●	●					●	●	
Brown Rice <i>Serving size: 1/2 cup (cooked)</i>	2.5	●	●	●	●						●	

Dairy



	Amount of Protein (g)	Soup	Veggie Patties	Tacos/Burritos	Stir-Fries	Egg Dishes	Smoothies	Oatmeal	Sandwiches	Salads	Grain Bowls	Pastas
Greek Yogurt <i>Serving size: 150g</i>	15	●		●		●	●	●				
Milk <i>Serving size: 1 cup</i>	8					●	●	●				
Cheese <i>Serving size: 1 oz</i>	7			●		●			●			●
Eggs <i>Serving size: 1 large</i>	6		●	●		●			●			

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Seeds and Nuts



	Amount of Protein (g)	Soup	Veggie Patties	Tacos/Burritos	Stir-Fries	Egg Dishes	Smoothies	Oatmeal	Sandwiches	Salads	Grain Bowls	Pastas
Hemp Seeds <i>Serving size: 3 Tbsp</i>	10		●				●	●				
Pumpkin Seeds / Pepitas <i>Serving size: 1/4 cup</i>	9		●	●			●	●		●	●	
Sunflower Seeds <i>Serving size: 3 Tbsp</i>	7.25		●				●	●		●	●	
Peanuts* <i>Serving size: 1 oz</i>	7				●					●		
Almonds <i>Serving size: 1 oz</i>	6							●		●		
Pistachios <i>Serving size: 1 oz</i>	6									●		
Cashews <i>Serving size: 1 oz</i>	5				●					●		
Chia Seeds <i>Serving size: 1 oz</i>	5		●				●	●				
Walnuts <i>Serving size: 1 oz</i>	4.7		●					●		●		
Flax Seeds (ground) <i>Serving size: 2 Tbsp</i>	2.6		●			●	●	●				

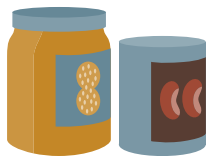
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Soy Products



	Amount of Protein (g)	Soup	Veggie Patties	Tacos/Burritos	Stir-Fries	Egg Dishes	Smoothies	Oatmeal	Sandwiches	Salads	Grain Bowls	Pastas
Tempeh <i>Serving size: 1/2 cup</i>	22		●	●	●				●		●	
Tofu <i>Serving size: 4 oz</i>	9	●	●	●	●				●	●	●	
Edamame (Shelled) <i>Serving size: 1/2 cup</i>	8.5	●			●			●		●	●	
Soy Milk <i>Serving size: 1 cup</i>	8						●	●				

Spreads



	Amount of Protein (g)	Soup	Veggie Patties	Tacos/Burritos	Stir-Fries	Egg Dishes	Smoothies	Oatmeal	Sandwiches	Salads	Grain Bowls	Pastas
Peanut Butter <i>Serving size: 2 Tbsp</i>	8		●	●			●		●			
Refried Beans <i>Serving size: 1/2 cup</i>	6			●		●			●			
Almond Butter <i>Serving size: 2 Tbsp</i>	7		●				●		●			
Cashew Butter <i>Serving size: 2 Tbsp</i>	4		●						●			
Hummus <i>Serving size: 2 Tbsp</i>	2.4								●			●

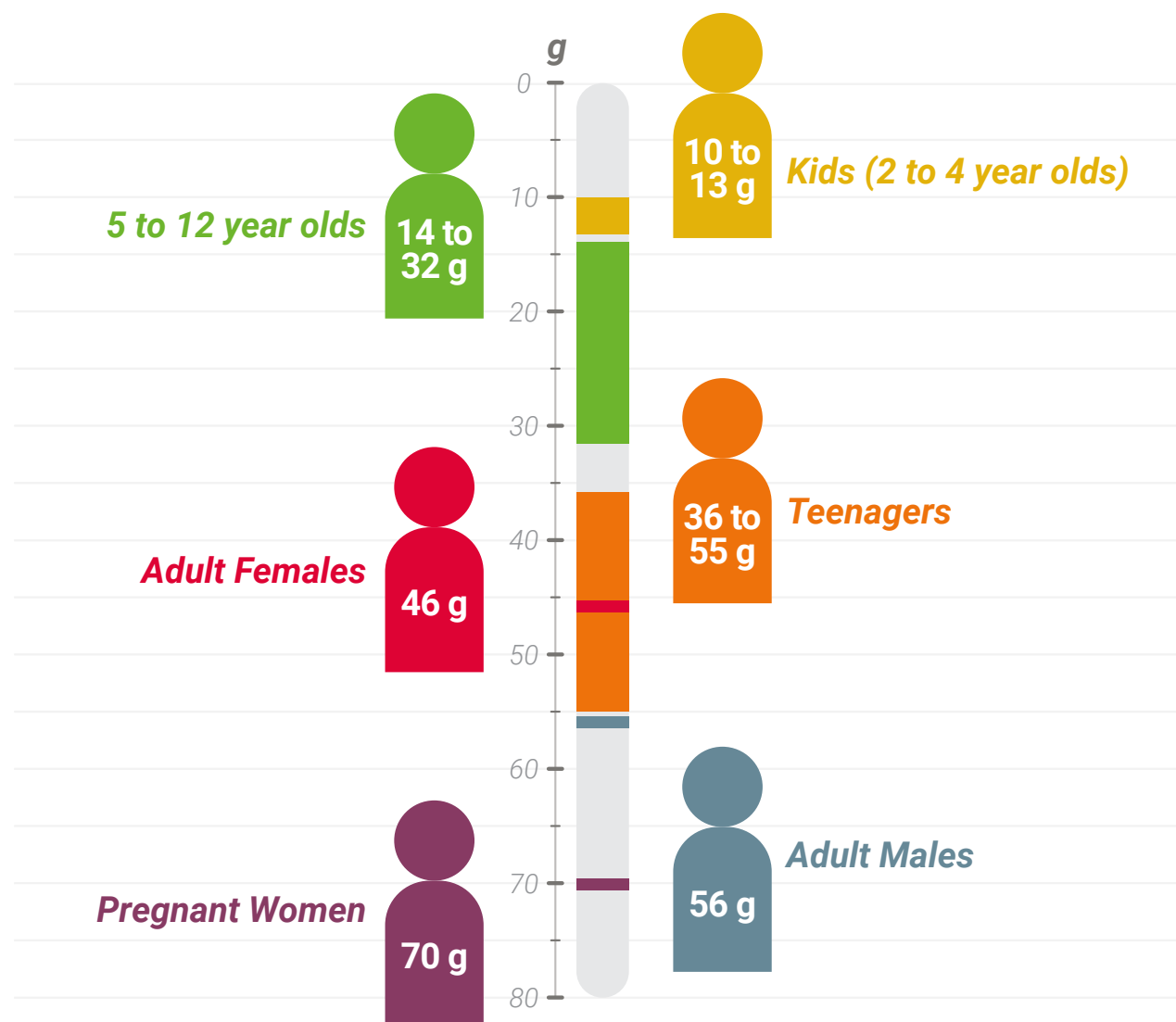
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Protein Requirements

The amount of protein you need depends on your weight. It's recommended that you eat 0.36 g of protein daily for every pound that you weigh.



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