
Getting Protein from a Plant-Based Diet

High-Protein Plant Foods

	Serving Size	# grams of Protein
Cooked beans	1 cup	14-16g
Cooked lentils	1 cup	16 g
Boiled / steamed Edamame	1 cup	18 g
Tofu	6oz	10g
Miso	¼ cup	8 g
Cooked Rolled oats	½ cup	5 g
Cooked quinoa	½ cup	4 g
Green Peas, cooked	1 cup	4 g
Peanut butter	1 TBS	4 g
Almonds, Pistachios	~ 1 TBS	~ 3 g
Cashews	1 heaping TBS	1.5 g
Sunflower seeds, Pumpkin seeds	1 TBS	2.5 g
Hemp seeds	1 TBS	4 g
Chia seeds	1 TBS	3 g
Flax seeds	1 TBS	2 g
Soy milk	1 cup	8 g
Nutritional Yeast	1 TBS	2.5 g
Brussel sprouts	1 cup	4 g
Broccoli	1 cup	2.5 g
Spirulina	2 TBS	8 g
Mushrooms, cooked beets	1 cup	2 g
Seitan (contains gluten)	½ cup	21 g
Ezekiel bread (contains gluten)	1 slice	4 g
Hummus	½ cup	9 g
Long Grain Brown Rice (cooked)	½ cup	2 g
Millet (cooked)	½ cup	3 g
Potato	1 medium	3 g

High Protein Plant-Based Meal Ideas

To find recipes and inspiration, I recommend using Google or Pinterest to search "[Vegan High Protein Meals](#)". You can substitute "meals" for breakfast, lunch dinner or snacks. You can substitute "vegan" for "vegetarian" if you choose to include eggs and dairy in your diet, but I recommend using Vegan as a key word to help you learn how to include the most number of plant foods in your diet in creative ways. Other words that help with searching include "plant based" and "Nutritarian".

	Meal	<i>(Vegan options are bolded [#2, 5, 6, 7, 8, 9, 10, 11]. Other options are vegetarian but not vegan)</i>					#Gm Protein
#1	Lunch Quinoa Egg Salad	1 hard-boiled egg	½ c cooked quinoa	2 TBS seeds	½ cup mixed vegetables	½ - 1c cooked beets	18g
#2	Overnight Oats	½ c rolled oats	2 TBS peanut butter	2 TBS chia seeds	½ cup soy milk		22g
#3	Salmon Salad	½ tin salmon	¼ c tofu mayo*	½ c chopped celery	2 TBS seeds	¼ c cooked quinoa	18g
#4	Egg Salad	2 hard-boiled egg	¼ c tofu mayo*	½ c chopped celery	2 TBS seeds		19g
#5	Chickpea Salad	1 c chickpeas	¼ c tofu mayo*	½ c chopped celery	2 TBS seeds	¼ c cooked quinoa	23g
#6	Pesto Chickpea Pasta	½ c basil pesto*	1 serving chickpea pasta				26g
#7	Granola Parfait	¾ c granola	1 c banana tofu parfait* OR 1 serving cashewgurt		1 TBS flax seed		23g OR 18.5g
#8	Hummus & Veg	½ c hummus	1 cup mixed veg	1 cup broccoli or asparagus	1 hard-boiled egg		19g
#9	Bean Quinoa Salad	½ c cooked quinoa	1 cup chickpea	1 cup vegetables			19g
#10	Plant-Based American Dinner	1 medium baked potato	1 c broccoli	½ cup NoCheese Sauce*	1 cup asparagus		18.5g
#11	Tofu Scramble	6oz tofu	½ c cooked mushrooms	1 cup broccoli or asparagus	2 TBS nutritional yeast		18.5g