



plant-based **PROTEIN**

Worried about protein? Don't.

There are plenty of amazing plant-based sources of protein. Listed below are a few of the ones you might already be eating! Enjoy the recipe inspo :)

18g

1 cup

LENTILS

Red Lentil Vegetable Soup
by Victoria, Eh Vegan

15g

1 cup

CHICKPEAS

Crispy Potato + Chickpea Tacos
by Francesca, Plantifully Based

8g

$\frac{1}{4}$ cup

ALMONDS

Vanilla Coconut Blueberry Tart
by Lauren, Vegan Food With Gratitude

8g

2 tbsp

PEANUT BUTTER

Peanut Noodle Stir-Fry
by Amanda, All She Does Is Eat

5g

2 tbsp

CHIA SEEDS

Chia Seed Pudding
by Jordan, Bruce's Roots

4g

1 cup

BROCCOLI

Broccoli Leek Frittata
by Megan, Carrots & Flowers

3g

$\frac{1}{4}$ cup

PUMPKIN SEEDS

Warm Oatmeal Three Ways
by Nick, Inspired by Nick