

VEGETARIAN PROTEIN GUIDE

STOKED METABOLIC COACHING BEST SOURCES OF PROTEIN FOR VEGETARIANS



SEITAN

Made from gluten, the main protein in wheat. Sometimes known as "Wheat Meat" it contains 25g of protein per 3.5 ounces.



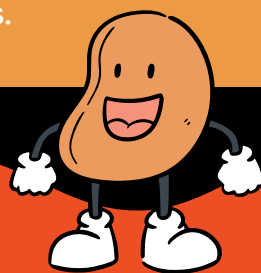
TOFU

Made from Soybeans and considered a whole source of protein. Generally contains 12 - 20g of protein per 3.5 ounces.



LENTILS

18g of protein per cooked cup! Also a great source of fiber, giving you half of your recommended daily fiber intake per cup!



BEANS

Most beans contain about 15g of protein per cooked cup! Excellent source of complex carb, fiber, iron, folate, phosphorous, potassium and manganese.



WHOLE GRAINS

While mainly a Carbohydrate most whole grains contain 5.5-8g protein per cup. Great options include quinoa, wild rice, oats and buckwheat.



GREEN VEGGIES

Broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes, and brussels sprouts typically contain 4-5g of protein per cup.



SEEDS

Seeds are a great source of plant based Omega 3 Fats. The best options are pumpkin seeds - 8.5g per 1 oz, Hemp Seeds- 9.5g per 3 tablespoons, Tahini - 5g per 2 tablespoons.

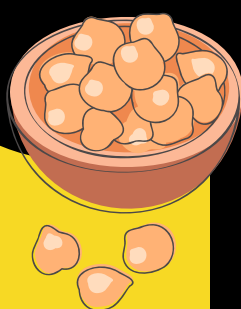
NUTS

One ounce contains 5-7g of protein. Excellent source of healthy fats, fiber and a host of nutrients!



CHICKPEAS

Contain about 7.3g of protein in just one half cup! They are high-fiber and low calorie making them a winner in my book!



PLANT BASED YOGURT

Dairy free yogurt contains 10g of protein per serving. Made with almonds, cashews, pea protein, soy or coconut these are a great alternative.



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