

CLEAN PROTEINS

HOW MANY GRAMS OF PROTEIN ARE IN THESE PLANT-BASED VARIETIES?



Sesame Seeds
1 oz = 6.5 grams



Broccoli
1 cup = 5 grams



Chickpeas
1 cup = 39 grams



Hemp Seeds
1 oz = 11 grams protein



Broccoli Rabe
3.5 oz = 3.2 grams



Tahini
3 Tbsp = 8 grams



Walnuts
1/4 cup = 5 grams



Alfalfa Sprouts
3.5 oz = 4 grams



Quinoa
1 cup = 9 grams protein



Cashews
1 oz = 4.4 grams



Spinach
1 cup = 5 grams



Refried Beans
1 cup = 15.5 grams



Almonds
2 Tbsp = 4 grams



Kale
2 cups = 5 grams



Oatmeal
1 cup = 6 grams



Pistachios
1 oz = 5.8 grams



Sweet Potato
1 cup = 5 grams



**Non-dairy Milks
(Soy, Almond, Hemp
or Coconut)**
1 cup = 9 grams



Peanuts
1 oz = 6.5 grams



Lentils
1 cup = 18 grams



**Nut butters
(peanut, almond
or cashew)**
2 Tbsp = 8-10 grams



**Beans
(Pinto, Kidney
or Black Beans)**
1 cup = 13-15 grams



Avocado
1 medium-sized = 10



Soybeans
1 cup = 28 grams

HONORABLE MENTIONS

Spirulina Chlorella
Sea vegetables Edamame

- Protein powder from Sun Warrior
- Sprouted grain bread products
- Amaranth, bulgur, brown rice, wheat germ and oat bran