

PRINTABLE VEGAN PROTEIN LIST



The next time someone asks you where you get your protein, you can say, “Did you know one cup of cooked sweet potato contains 5 grams of protein?” Or, “did you know that one cup of peas contains over 8 grams of protein.” Or, “did you know broccoli contains more protein per calorie than steak?”

You get the picture. **A plant-based diet is loaded with protein.**

Vegan Protein in Vegetables, Grains, Legumes, Fruits & Healthy Fats

Vegetables

- 1 medium avocado - 4.2 grams
- 1 medium artichoke - 3.4 grams
- 6 spears of asparagus - 2.1 grams
- 1 cup broccoli - 5 grams
- 1 cup Brussels sprouts - 3.9 grams
- 2 cups raw spinach - 1.8 grams
- 2 cups cooked kale - 5 grams
- 1 cup boiled peas - 8.5 grams
- 1 cup cooked sweet potato - 5 grams
- 1 cup bok choy - 2.6 grams
- 2 cups of butternut squash - 1.8 grams
- 1 cup cooked cauliflower - 2.2 grams
- 1 cup celery - 1.2 grams
- 1 large ear of yellow corn - 4.6 grams
- 1/2 cup raw mushrooms - 1 gram
- 1 medium baked potato - 4.3 grams
- 1 medium sweet potato - 2.2 grams
- 1 medium zucchini - 2.4 grams

Fruit

- 1 cup of pitted chopped dates - 3.6 grams
- 1 cup of Guava - 4.2 grams
- 1 nectarine - 1.5 grams
- 1 cup cherries - 1.4 grams
- 1 cup diced cherimoya - 2.5 grams
- 1 cup fresh breadfruit - 2.3 grams
- 1 cup of grapes - 1 gram
- 1 cup mulberries - 2 grams
- 1 medium orange - 1.2 grams
- 1 cup of fresh passionfruit - 5.1 grams
- 1 plum - 1 gram
- 1 pomegranate - 4.7 grams
- 1 small box raisins (1.5 ounces) - 1.3 grams
- 1 cup raspberries - 1.4 grams
- 1 tomato - 1 gram
- 1 medium slice of watermelon - 1.7 grams

Legumes

- 1 cup soybeans - 28 grams
- 1 cup lentils - 18 grams
- 1 cup black turtle beans - 39 grams
- 1 cup garbanzo beans (and hummus) - 14.5 grams
- 1 cup pinto or kidney beans - 13-15 grams

Nuts and Seeds

- 1 oz. cashews - 4.4 grams
- 2 tablespoons Hempseed - 6.6 grams
- 2 tablespoons Chia seeds - 4 grams
- 1 oz. sesame seeds - 6.5 grams,
- 3 tablespoons of tahini - 8 grams
- 1/4 cup (2 oz.) walnuts - 5 grams
- 1 oz. pistachios - 5.8 grams
- 2 tbsp almonds - 4 grams
- Nut butters - peanut butter, almond butter, cashew butter - 2 tablespoons has about 8 grams of protein

Tofu

- 1/2 cup serving firm tofu - 10 grams
- 1/2 cup serving tempeh - 15 grams

Non-dairy milk

- Almond milk - 1 cup gets you 1-2 grams of protein depending on the brand

Grains

- Quinoa 1 cup cooked - 8 grams.
- Buckwheat - 1 cup cooked - 6 grams
- Seitan, or flavored wheat gluten, has approximately 52 grams per cup
- Oatmeal - 1 cup - 6 grams
- Brown Rice - 1 cup cooked - 7 grams
- Barley - 1 cup cooked - 11 grams
- Bulgur - 1 cup cooked - 6 grams
- Amaranth - 1 cup cooked - 12 grams
- Whole Wheat Pasta - 2 ounces dry - 8 grams
- Wheat Germ - 1/4 cup - 8 grams