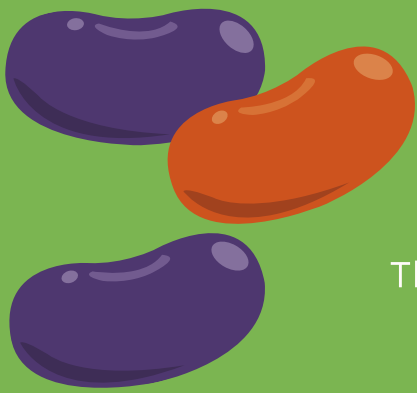




# My Favorite Plant Protein

SIMPLE SWITCHES WITH HUGE IMPACT



## Beans

FOR EVERY MEAL OF THE DAY

There are many types of beans that can be used for a meal of the day. Try black bean breakfast burritos, chickpea pita wraps, & kidney bean chili for a start

## Lentils

GREAT IN SOUPS AND SAUCES

Only 1 cup of lentils contains 18 g of protein! Lentils are great in soups, as a substitution for meat in pasta sauce, and awesome in cauliflower tacos.



## Nuts & Seeds

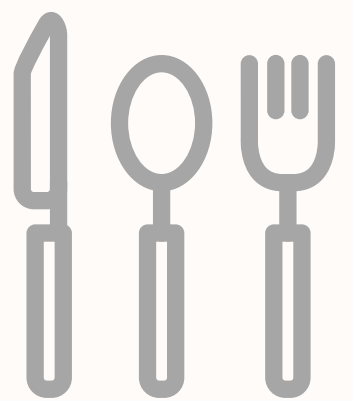
WITH BREAKFAST, SNACKS, AND DESSERT!

Nut spreads like peanut and almond butter, chia seeds, and walnuts are ways I easily add protein to my meals, which keeps me feeling full for longer!

## Tofu

DON'T UNDERESTIMATE IT

It's a lot easier to substitute tofu for meat these days at restaurants. This soy product has 10 g in every 1/2 cup, and can have out of this world flavor with good seasoning.



## Veggies

THEY HAVE PROTEIN?

Potatoes, spinach, broccoli, peas, and bunch of other veggies have more protein than you may think! This USDA database has more information on nutrient content in different foods.



CHECK THIS WEBSITE OUT TO LEARN MORE ABOUT PROTEIN & OTHER NUTRIENTS IN YOUR FOODS:

<https://ndb.nal.usda.gov/ndb/nutrients/index>