

TOP 10 Vegan Proteins

Amount of protein is based on ½ C serving



1

Seitan**

36 grams



2

Hemp seeds

20 grams



3

Soy

8-15 grams*



4

Chia Seeds

14 grams



5

**Nuts &
Nut Butters****

10.5 grams



6

Lentils

9 grams



7

Beans

8 grams



8

Spirulina

8 grams



9

Oats

5.5 grams



10

Quinoa

4 grams

*Soy is one of the richest sources of protein. The amount of protein depends on if using tempeh, tofu, or edamame.

**These foods are also major allergens. When preparing foods with these items be sure to label them and confirm guests are not allergic to them.