



## PLANT-BASED PROTEIN SOURCES



### Soybeans

[2 serving spoons - 55 g]

10 g



### Peas

[6 tablespoons - 162 g]

9 g



### Chickpeas

[2 serving spoons - 90 g]

8 g



### Navy beans

[6 tablespoons - 67 g]

7 g



### Lentils

[6 tablespoons - 74 g]

7 g



### Black beans

[1 ladle - 140 g]

6 g



### Soy milk

[1 glass - 200 ml]

6 g



### Kidney beans

[1 tablespoons - 25 g]

6 g



### Tofu

[3 slices - 60 g]

4 g



### Almond vegetable drink

[1 glass - 200 ml]

2 g