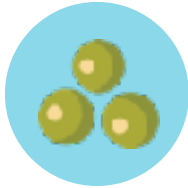


## SOURCES OF PLANT PROTEIN



*Pinto Beans*  
1 cup  
15 grams



*Peas*  
1 cup  
8 grams



*Wild Rice*  
1 cup  
7 grams



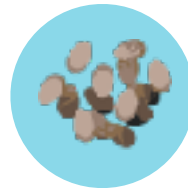
*Walnuts*  
1/4 cup  
4 grams



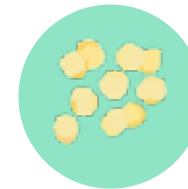
*Flax Seeds*  
1 tablespoon  
2 grams



*Dried Apricots*  
1/2 cup  
2 grams



*Chia Seeds*  
1 ounce  
5 grams



*Quinoa*  
1 cup  
8 grams



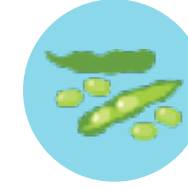
*Black Beans*  
1 cup  
15 grams



*Broccoli*  
1 cup  
3 grams



*Almonds*  
1/4 cup  
8 grams



*Edamame*  
1 cup  
17 grams



*Avocado*  
1/2 avocado  
2 grams



*Spinach*  
1 cup  
1 grams



*Oat Bran*  
1 cup  
7 grams