



# Plant-Based Protein

Tofu	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Tofu, silken	3 oz	60	1	4	2	80	280	0
Tofu, firm	3 oz	70	2	8	3.5	100	250	<1
Tofu, extra firm	3 oz	80	3	8	4	60	160	1

Nut & Seed Butters	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Almond Butter, creamy, all-natural	2 tbsp.	190	7	7	17	2	80	3
Cashew Butter, creamy, all-natural	2 tbsp.	190	9	4	17	1	20	<1
Hazelnut Spread	2 tbsp.	200	21	2	12	21	40	1
Peanut Butter, creamy	2 tbsp.	190	8	7	16	3	14	2
Peanut Butter, powdered	2 tbsp.	45	5	5	1.5	1	0	2
Sesame Seed Butter (Tahini)	2 tbsp.	180	6	5	16	0	120	3
Soy Nut Butter	2 tbsp.	190	6	8	15	4	30	3
Sunflower Butter, natural	2 tbsp.	200	7	7	16	3	20	2

Meat Alternatives	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Beyond Meat Burger	4 oz	290	6	20	22	100	4.5	4
Boca Burger	2.5 oz	70	6	13	0.5	1.8	60	6
Gardein chick'n tenders	2 tenders	100	8	8	4.5	1.08	20	1
Morning Star Farms black bean burger	1 patty	110	13	10	4	1.08	60	4
Quorn chicken nuggets	85 g	210	26	10	9	0.54	90	2
Soy crumbles	1 cup	180	15	27	1.5	10.8	180	3
Tofurky deli meat slices	5 slices	100	6	13	3	1.08	20	3



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Beans & Legumes	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Beans & legumes, cooked	1/2 cup	117	21	8	0.5	1	34	2
Edamame	1/2 cup	95	7.5	8.5	4	1.75	48.6	4
Lentils	1/2 cup	115	20	9	0	3	18	4
Tempeh	1/2 cup	160	8	15	9	2.25	92	5

Vegan Protein Powders	Serving Size	Calories	Carb (g)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)	Fiber (g)
Aloha Moment	2 scoops	150	10	18	4.5	5.4	40	3
About Time Ve Vegan Protein	1 scoop	122	1	22	2.5	4.5	190	1
Bob's Red Mill Protein Nutritional Booster	1/3 cup	180	19	20	3	6.3	80	12
Burt's Bees Daily Protein	1 scoop	110	11	15	1	0	0	10
Garden of Life Raw Organic Protein	1 scoop	110	2	22	2.5	3.6	100	9
Kashi GoLean Plant Powered Shake	2 scoops	160	10	20	6	3.6	100	0
Manitoba Harvest Hemp Protein	4 Tbsp	120	8	15	3.5	6.3	60	1
Now Sports Pea Protein Powder	1 scoop	120	1	24	2	6.3	20	2
Nutiva Hemp Powder	3 Tbsp	90	9	15	3	7.2	0	7
Nuzest Clean Lean Pea Protein	2 scoops	90	2	20	1	4	12	0
Orgain Organic Meal Protein	2 scoops	220	24	20	5	4.5	80	5
Plant Fusion	1 scoop	120	5	20	2	6.3	50	0
Sun Warrior Classic Protein	1 scoop	80	2	17	0	2.7	60	2
Vega Protein and Greens	1 scoop	110	3	20	2	0.72	20	1
Vega Sport Protein	1 scoop	150	6	30	3	3.6	150	3