



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 |
| Tempeh | 1/2 cup | 160 | 8 | 15 | 9 | 2.25 | 92 | 5 |
| Tofurky deli meat slices | 5 slices | 100 | 6 | 13 | 3 | 1.08 | 20 | 3 |



Plant-Based Protein

| 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 |
| Hummus | 1/2 cup | 208 | 18 | 10 | 12 | 3 | 50 | 8 |
| Lentils | 1/2 cup | 115 | 20 | 9 | 0 | 3 | 18 | 4 |

| 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 |