

Food Serving Size	Protein	Food Serving Size	Protein
Greens		Seeds	
1 Cup of Organic Broccoli	5 Grams	3 TBS Hemp Seeds	10 Grams
1 Cup of Spinach	5 Grams	3 TBS Pumpkin Seeds	9 Grams
1 Cup of Green Peas	9 Grams	3 TBS Sunflower Seeds	4.5 Grams
Legunes (Beans)		Nuts	
1 Cup of Lentils	18 Grams	2oz Almonds	12 Grams
1 Cup of Garbanzo Beans	14.5 Grams	2oz Cashews	9 Grams
2 Cup of Black Beans or Kidney Beans	14 Grams	2oz Pistachios	12.5 Grams
Grains		Non GMO Supplements	
1 Cup Quinoa	9 Grams	10 Grams Spirulina	6 Grams
1 Cup Oatmeal	6 Grams	1 Serv Garden Of Life Protein	17 Grams
1/2 Cup Freekeh	12.5 Grams	1 Serv Shaklee Protein	15 Grams
		1 Serv Warrior Food Protein	23 Grams
		1 Serv Vega Sport Protein	25 Grams