



REFERENCE

# Visual Guide to Plant-Based Protein

Scale references



18g Lentils  
(1 cup)



15g Black Beans  
(1 cup)



12g Chickpeas  
(1 cup)



13g Kidney Beans  
(1 cup)



11g Hemp Seeds  
(1/4 cup)



9g Quinoa (cooked)  
(1 cup)



Tennis Ball



9g SaviSeeds  
(1 oz./ 21 seeds)



9g Soy Milk  
(1 cup)



8g Peanut Butter  
(2 Tbsp.)



7g Oats  
(1/2 cup dry)



6g Tofu  
(1/4 cup)



6g Almonds  
(1 oz.)



Apple



5g Spinach  
(cooked)  
(1 cup)



5g Brown Rice  
(cooked)  
(1 cup)



4g Broccoli  
(cooked)  
(1 cup)



3g Chia Seeds  
(1 Tbsp.)



2g Hemp Milk  
(1 cup)



2g Dried Fruit  
(1/4 cup)



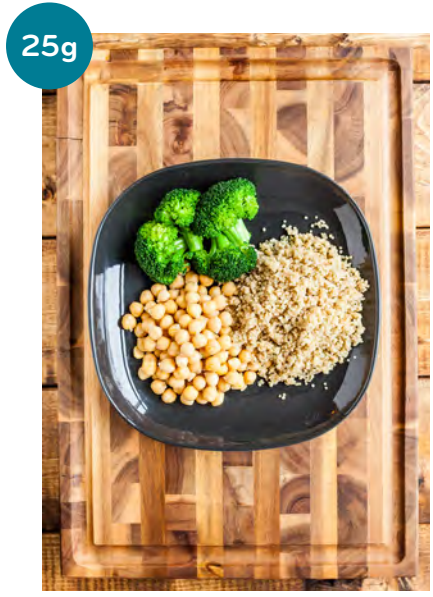
Orange



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# Visual Guide to Plant-Based Protein (continued)

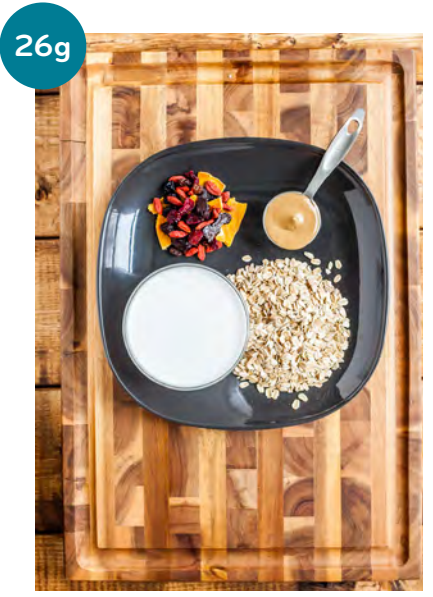
All of these meal options provide 25g+ of complete protein



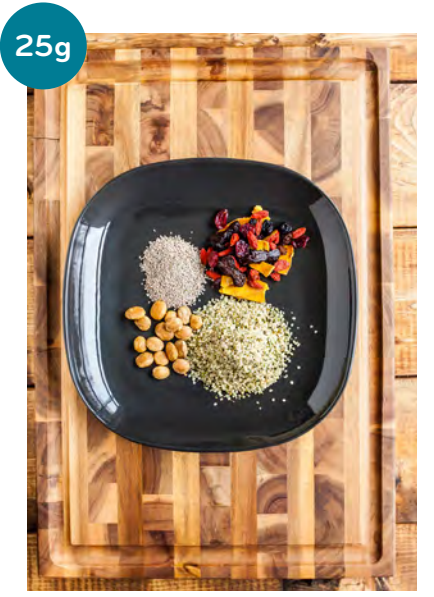
- 1 cup cooked quinoa
- 1 cup cooked broccoli
- 1 cup chickpeas



- 1 cup cooked brown rice
- 1 cup cooked lentils
- 1 cup cooked spinach



- 1/2 cup dry oats
- 2 Tbsp. peanut butter
- 1 cup soy milk
- 1/4 cup dried fruit



- 1/4 cup hemp seeds
- 1 Tbsp. chia seeds
- 1 oz. SaviSeeds
- 1/4 cup dried fruit



# Visual Guide to Plant-Based Protein (continued)

## Good, Better, Best: Plant-based Protein Choices

	<b>Good</b>	<b>Better</b>	<b>Best</b>
<b>Vegetables</b> (1 cup, cooked)	 <p><b>8%</b> 4g</p> <p>Asparagus</p>	 <p><b>8%</b> 4g</p> <p>Broccoli</p>	 <p><b>11%</b> 5g</p> <p>Spinach</p>
<b>Whole Grains</b> (1 cup)	 <p><b>11%</b> 5g</p> <p>Brown Rice</p>	 <p><b>12%</b> 6g</p> <p>Millet</p>	 <p><b>18%</b> 9g</p> <p>Quinoa</p>
<b>Beans</b> (1 cup)	 <p><b>27%</b> 13g</p> <p>Kidney Beans</p>	 <p><b>30%</b> 15g</p> <p>Black Beans</p>	 <p><b>36%</b> 18g</p> <p>Lentils</p>
<b>Nuts</b> (1 oz.)	 <p><b>8%</b> 4g</p> <p>Walnuts</p>	 <p><b>12%</b> 6g</p> <p>Almonds</p>	 <p><b>14%</b> 7g</p> <p>Peanuts</p>

*Note the US Daily Value (DV) for protein is 50 grams*



# Visual Guide to Plant-Based Protein (continued)

## Cooking Plant-based Proteins: a Quick Guide



 15 - 20 minutes

### HOW TO COOK QUINOA

With a light, fluffy texture quinoa balances nicely with legumes to form a complete protein. Before cooking quinoa, you must rinse it thoroughly—the seeds are naturally coated in a bitter resin called saponins. While safe to consume, quinoa is more palatable when completely rinsed. Cook quinoa like rice, at a 1:2 quinoa-to-water ratio for 20 minutes.



 30 - 45 minutes

### HOW TO COOK LENTILS

These protein-rich legumes are delicious when flavored with curry powder or paste. Bring a large pot to a boil with 2 cups of water or vegetable broth. Add in rinsed lentils and simmer for 30 minutes, uncovered. If you're using green lentils, you may need to increase this cooking time to 45 minutes. Before serving, stir in lemon juice, curry powder or paste, and spinach, and season with salt and pepper to taste.



 5 - 90 minutes

### HOW TO COOK VEGETABLES

If you're going to cook your veggies, it's best to leave the skins on to retain the most nutrients. The best method of cooking is steaming, blanching, or roasting—the less contact the vegetable has with water the better, so nutrients don't leech from the vegetables.