

Easy Protein Sources for Vegans and Vegetarians



Edamame
7g protein per can



High protein bread
16g per 2 slices



High Protein bread
21g per 2 slices



10g protein per 30g



High Protein Pasta 25g per 100g uncooked



Seitan 39g per 100g



Textured Vegetable protein (TVP) 26g per 1/2 cup



Nutritional Yeast 3g protein per 2 tbsp



Soy Protein Crisps 17g protein per 1/2 cup



Lentils 8g protein per 1/2 can



Firm, calcium set tofu 19g protein per 125g



Teff 6g protein per 1/4 Cup uncooked



Pulse Pasta 21g protein per 100g uncooked



Soy yoghurt 8g protein per serve



Tempeh 18g protein per 125g



Oats 6g protein per 1/2 cup



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