

HIGH-PROTEIN FOODS

Choose a variety of protein sources to achieve a good amino balance



GRACE

STRENGTH & MOVEMENT



CHICKPEAS

1 cup = 15g



TOFU

1 cup = 25g



SEITAN

1 cup = 63g



LENTILS

1 cup = 18g



TEMPEH

1 cup = 31g



BEANS

1 cup = 15g



QUINOA

1 cup = 4g



OATMEAL

1 cup = 6g



EDAMAME

1 cup = 17g



HUMMUS

1/4 cup = 5g



MIXED NUTS

Handful = 6g



PEANUT BUTTER

1 tbsp = 5g