

Windhorse Naturopathic Clinic

Vegetarian Protein Sources

Your protein goal for the day is: ____ grams

Food Sources of Protein	Serving Size	Protein (grams)
Soy Foods: I do not recommend soy as a primary source of protein.		
Firm tofu	4 oz	13
Tempeh	3 oz	16
Textured soy protein	½ cup	11
Soy Burger (varies by brand)	1	11
Miso paste (you can get soy free too)	2 tbsp	4
Edamame	1/2 cup	7
Soy cheese	1 oz	4
Soy yogurt	1 cup	6
Soy milk	1 cup	7
Grains		
Seitan	2 oz	14
Teff	1 cup	10
Amaranth (cooked)	½ cup	5
Barley (cooked)	½ cup	4
Buckwheat (cooked)	½ cup	3
Millet (cooked)	½ cup	3
Oats (cooked)	½ cup	3
Quinoa (cooked)	½ cup	4
Brown Rice (cooked)	½ cup	3
White Rice (cooked)	½ cup	2
Wheat germ	2 Tbsp	4
Sourdough Whole grain bread	1 slice	6
Flour tortilla- 6"	1	3
Sprouted Manna Bread	1 slice	3-8
Sami's Gluten Free bread	1 slice	3-6
Pasta, white or whole grain	2 oz	7
Egg noodles	1 cup	7
Beans and Legumes		
Whole beans (red, navy, pinto, black, etc)	½ cup	7
Lentils (French, black, red, etc)	½ cup	9
Refried beans	½ cup	8
Dairy		
Milk, cow or goat	1 cup	8
Cottage Cheese	½ cup	16
American cheese	1 oz	6
Hard cheeses	1 oz	7

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Cream cheese	2 Tbsp	4
Yogurt, whole milk	1 cup	10
Greek yogurt	6 oz	13-15
Kefir	1 cup	8-11
Dairy substitutes		
Coconut milk	1 cup	1
Almond milk	1 cup	2
Rice milk	1 cup	1
Rice yogurt	6 oz	3
Coconut yogurt	6 oz	1
Nutritional yeast	¼ cup	6
Eggs, Nuts, Seeds, vegetables, other		
Whole egg or egg white only	1	7
Nuts (Brazil, walnuts, hazelnuts)	¼ cup	4
Nuts (cashew and almonds)	¼ cup	6-7
Seeds (pumpkin, sunflower, sesame)	2 tbsp	3-4
Hemp seeds	2 tbsp	10
Chia seeds	3 tbsp	6
Nut butter (almond, cashew etc)	1 tbsp	7
Seed butter (tahini, SunButter, etc)	2 tbsp	8
Spirulina	1 teaspoon	4
Spinach	1 cup	5
Cruciferous Veggies	1 cup	3-4
cacao nibs	¼ cup	4
Granola and Energy Bars (when in a pinch)		
LARABAR	1 bar	3-7
Health warrior bars	1 bar	5-8
Rx bars	1 bar	12
GoMacro	1 bar	12
Combination foods		
Hummus	1/4 cup	5
Falafel	3 patties	7
Bean or lentil soup	1 cup	7-10
Vegetarian chili	1 cup	8-15
Black bean burger	1 patty	11-38
Garden veggie patty	1 patty	10-15
Beyond Burgers	4 ounces	20 grams

Reference: USDA Nutrient Database

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Plant-Based Protein Smoothie

Ingredients:

- 1 cup spinach
- 4 frozen broccoli florets (gives it a surprisingly great thick texture and the other ingredients hide the taste)
- 1/2 cup frozen organic mixed berries or blueberries
- 1 tablespoon cacao powder (also a great source of protein and more iron (per ounce) than beef)
- 2-3 tablespoons hemp seeds
- 1 tablespoon organic unsweetened raw almond/sunflower seed butter.
- 1 cup non-dairy milk like almond milk or water (always trying when possible to avoid processed foods, try adding just almonds (soaked and peeled when you have time!) and water, instead of almond milk.)
- sweetener of choice (stevia, 1/2 a banana, a date, a fig, or maple syrup)
- **Directions:** Add all the ingredients to your blender, blend and enjoy!

You can also use other foods high in protein and amino acids such as pumpkin seeds, chia seeds, maca powder, goji berries. Plant-based foods have everything you need when you eat a variety of them and be sure to get enough during the day.