

Transitioning to a Plant Based Diet



Plant-based foods with the highest amount of protein

For comparisons sake, 3oz of steak has 25 grams of protein, and 3 ounces of chicken has 26 grams of protein



SEITAN
(COOKED)
40g (for 3oz)



CANNELLINI BEANS
(COOKED)
17.4g (for 1 cup)



TEMPEH
(COOKED)
16.9g (for 3oz)



KIDNEY BEANS
(COOKED)
14.4g (for 1 cup)



CHICKPEAS
(COOKED)
13.7g (for 1 cup)



LIMA BEANS
(COOKED)
13g (for 1 cup)



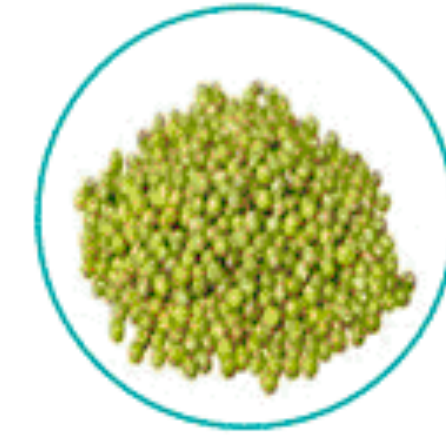
LENTILS
(COOKED)
16.2g (for 1 cup)



TOFU
(COOKED)
16g (for 3oz)



BLACK BEANS
(COOKED)
15.2g (for 1 cup)



SPELT
(COOKED)
10.7g (for 1 cup)



EDAMAME
(COOKED)
10g (for 3oz)



TEFF
(COOKED)
9.8g (for 1 cup)

**Average woman needs
45g of protein a day**



**Average man needs 55g
of protein a day**



Best high-protein breakfast ideas

Peanut butter chia overnight oats



25g protein

Vegan Breakfast Burrito



15g protein

Strawberry Protein Smoothie



24g protein

Chickpea Avo Toast



26g protein

Tofu Breakfast Tacos



22g protein

Banana Protein Pancakes



36g protein

Best high-protein lunch ideas

Vegan Taco Bowl



34g protein

Peanut Crunch Salad



20g protein

Roasted Veggie Spanish Rice



34g protein

Chile



29g protein

Tofu Noodle Bowl



31g protein

Hummus & Veggie Sandwich



13g protein

Best high-protein dinner ideas

Black Bean Burger



20g protein

Lentil Bolognese



20g protein

Sesame Peanut Noodles



19g protein

Chickpea Tacos



13g protein

Lentil Lasagna



26g protein

Black Bean & Sweet Potato Tacos



15g protein

Best meal delivery services that teach you how to cook plant-based

Green Chef



Purple Carrot



Hello Fresh



Blue Apron



Best meal delivery services that deliver you ready made plant based meals

Splendid Spoon



Mosaic Foods



Daily Harvest



Thistle



Best plant based meal planner for beginners

Rich Rolls PlantPower Meal Planner

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