

# plant-powered protein

By Madison Margaret

To determine the amount of protein you need to consume daily, you would have to multiply your weight (pounds) X 0.36 (grams of protein). For each pound of body

weight, it is recommended to consume 0.36 grams of protein.

## plant-based foods that are high in protein

- Edamame
- Wild rice
- Hemp seeds
- Chia seeds
- Seitan
- Ezekiel bread
- Tempeh
- Green peas
- Tree nuts
- Russet potatoes
- Tofu
- Kidney Beans
- Butter beans
- Lentils
- Chickpeas
- Oats
- Spirulina
- Soy milk
- Peanut butter or almond butter
- Cannellini beans
- Whole grain bread/pasta
- Peanuts
- Almonds
- Nutritional yeast
- Black beans
- Lima beans
- Pumpkin seeds
- Brussel sprouts
- Cashews
- Spinach
- Avocado
- Corn
- Broccoli
- Millet
- Sweet potato
- Pea



# plant-powered protein

- banana

Check out our pinterest board on plant-based protein sources

[PLANT PROTEIN](#)

Also, check out our pinterest board on HIGH PROTEIN vegan meals

[HIGH PROTEIN VEGAN FOOD](#)

## Plant-based protein brands

- [Vega](#)
- [Garden of Life](#)
- [The Vitamin Shoppe](#)
- [Amazon](#)
- [be amazing](#)
- [Ghost](#)
- [Orgain](#)
- [premiere protein](#)
- [the isopure company](#)
- [Kachava](#)
- [Optimum Nutrition](#)
- [growing naturals](#)
- [ritual - sold on amazon](#)
- [KOS - sold on amazon](#)
- [Sprout Living, Epic Protein - sold on amazon](#)
- [Now Sports - soy protein isolate - sold on amazon](#)
- [NorCal Organic pea protein - sold on amazon](#)
- [Nutiva, hemp protein -sold on amazon](#)
- [Manitoba Harvest Hemp Yeah! - sold on amazon](#)
- [Navitas - sold on amazon](#)
- [NUTRANELLE](#)
- [Aloha](#)
- [Vital Proteins](#)
- [Parker's](#)
- [HUEL](#)
- [lyfe fuel](#)
- [naked pea](#)
- [premier protein - sold on Walmart](#)
- [INNOSUPPS](#)
- [SUPERGUT](#)
- [Plant Fusion](#)



# plant-powered protein

- [truvani](#)