

NUTRITION CHALLENGE PROTEIN LIST FOR VEGETARIANS/VEGANS

1. Beans (any)

2. Nuts

3. Nut Butters

4. Grains: Quinoa, barley, rice, buckwheat, etc.

5. Seeds: Hemp, Flax, pumpkin, chia, Sacha Inchi,

6. Greens: Kale, spinach, romaine, avocado, broccoli- while one serving of these doesn't contain as much protein as foods like beans/nuts if you eat several servings of vegetables a day (which should be a high priority for everyone, especially if vegetarian/vegan) you will boost your daily protein intake substantially.