



Vegetarian and vegan Protein Options

- Beans: Red kidney, black, white, pinto, heirloom ect.
- Lentils
- Quinoa
- Chickpeas
- Protein enriched oatmeal
- Bulgur
- Soy products: milk
- Non-dairy milk and soy milk products
- Dairy: greek yogurt, cheese
- Unsalted Nuts: almonds, cashew, walnuts, pecans
- Tofu
- Hempseed/hemp hearts
- Chia seeds, sesame seeds and poppy seeds
- Seitan

Higher Protein Vegetables

- Green peas
- Edamame

Supplements:

- Vegan One
- Pea extract Protein powders
- Hemp protein powder