



Plant Based Protein Chart

Emily record your daily protein intake with this handy Protein record chart. Fill in the amount of the particular protein food eaten, then figure the amount of grams for that line. Finally add it all up at the bottom for each day.

Description:	Grams of Protein:	Daily Value (DV):	Serving Size:	Amount of food Today:	Amount of Protein grams Today:
Tofu (Extra Firm)	43.5	87%	1 Cup		
Tofu (Tempeh)	34	67%	1 Cup		
Tofu (Medium Firm)	20	40%	1 Cup		
Tofu (Soft)	18	36%	1 Cup		
Lentils	17.9	36%	1 Cup		
White Beans	17.4	35%	1 Cup		
Split Peas	16.3	33%	1 Cup		
Pinto Beans	15.4	31%	1 Cup		
Black Beans	15.2	30%	1 Cup		
Navy Beans	15	30%	1 Cup		
Lima Beans	14.7	29%	1 Cup		
Garbanzo Beans (Chick Peas)	14.5	29%	1 Cup		
Kamut	9.8	20%	1 Cup		
Teff	9.8	20%	1 Cup		
Soybean Sprouts	9.2	18%	1 Cup		
Green Peas	8.6	17%	1 Cup		
Quinoa	8.1	16%	1 Cup		
Peanut Butter	7.7	15%	2 Tbs		
Whole Wheat Pasta	7	14%	1 Cup		
Squash & Pumpkin Seeds	6.9	14%	1 Oz		
Peanuts	6.9	12%	1 Oz		
Almonds	6	12%	1 Oz		
Pistachios	6	12%	1 Oz		
Oatmeal	5.9	12%	1 Cup		
Sunflower Seeds	5.5	11%	1 Oz		
Spinach	5.3	11%	1 Cup cooked		
Flax Seeds	5.2	10%	1 Oz		
Collard Greens	5	10%	1 Cup cooked		
Sweet Corn	4.7	9%	1 Cup cooked		
Chia Seeds	4.7	9%	1 Oz		
Grits	4.4	9%	1 Cup		

Description:	Grams of Protein:	Daily Value (DV):	Serving Size:	Amount of food Today:	Amount of Protein grams Today:
Asparagus	4.3	9%	1 Cup cooked		
Cashews	4.3	9%	1 Oz		
Artichokes	4.2	8%	1 Medium		
Brussels Sprouts	4	8%	1 Cup Cooked		
Mustard Greens	3.5	7%	1 Cup cooked		
Swiss chard	3.5	7%	1 Cup cooked		
Kale	2.5	5%	1 Cup cooked		
Mushrooms (Portobello)	4	8%	1 Cup cooked		
Mushrooms (White Button)	3.9	8%	1 Cup cooked		
Broccoli	3.7	7%	1 Cup cooked		
Mushrooms (Shiitake)	3.5	7%	1 Cup cooked		
Mushrooms (Oyster)	3	6%	1 Cup cooked		
Mushrooms (Morels)	2	4%	1 Cup cooked		
Mushrooms (Cremini)	2	4%	1 Cup cooked		
Mushrooms (Enokis)	1.5	3%	1 Cup cooked		
Recommended Value Men	56 grams	DAILY TOTAL:			
Recommended Value Women	49 grams				

Original Information Source:
 USDA Department Of Agriculture Food Data Central www.fdc.nal.usda.gov

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