



Protein

= Building Blocks for A Strong Immune System

Aim for minimum 50 grams/day

Tempeh 41g (1 cup)

Wheat Germ 33g (1 cup)

Seitan 31g (3 oz)

Soy Beans 29g (1 cup)

Beans
Black 15g (1 cup)
Kidney 13g (1 cup)
Pinto 12g (1 cup)
Garbanzo 12g (1 cup)

Buckwheat 24g (1 cup)

Lentils 18g (1 cup)

Quinoa 9g (1 cup)

Tofu 11g (1 cup)

Seeds
Pumpkin 8g (1 oz)
Sunflower 5g (1 oz)

Peas 9g (1 cup)

Wild Rice 7g (1 cup)

Raisins 5g (1 cup)

Avocado 4g (1 med)

Nuts
Peanuts 7g (1 oz)
Almonds 6g (1 oz)
Pistachios 6g (1 oz)
Cashew 5g (1 oz)
Brazilian 4g (1 oz)
Walnuts 4g (1 oz)

Spinach 5g (1 cup)

Artichoke 4g (1 cup)

Brussels Sprouts 4g (1 cup)

***Peanuts are technically a legume**



Protein shake ~ 15-20 grams
 1 egg ~ 6 grams
 Animal Protein ~ 15-20 grams