

# GUIDE



# PLANT-BASED PROTEIN

10 plant-based protein options to add to your next grocery list

|               | What It Is  | Where to Find It  | How to Use It   | Protein Content            |
|---------------|---|---|---|----------------------------|
| Hemp Hearts   | Seeds of the hemp plant   | Well.ca; local grocery store in natural food or seed aisle                        | Sprinkle onto just about anything, add to smoothies, but do not cook as this destroys the healthy fats                              | 10g per 2 tbsp             |
| Chia Seeds    | Seeds from a flowering plant belonging to the mint family                       | Well.ca; local grocery store in natural food or seed aisle                        | Sprinkle onto just about anything, add to smoothies, grind into a flour + use for baking, make into gelatinous pudding <sup>1</sup> | 17g per 1/2 cup            |
| Lentils       | Pulse of the legume, can be whole or split, can be yellow, red, green, or black | Any local grocery store in the dried bean section                                 | Sprout + eat as a snack or top onto salads, cook + eat as a side dish, add to soup  | 18g per 1 cup              |
| Quinoa        | Seeds of the quinoa plant, a gluten-free ancient grain                          | Well.ca; local grocery store in natural food or grains aisle                      | Top onto salads, grind into a flour + use for baking, use as oatmeal alternative, serve as a side dish mixed with vegetables        | 8g per 1 cup (once cooked) |
| Tempeh        | Soy beans that have been fermented + processed into loaf form                   | Some local grocery stores in alternative meats section. Always buy tempeh organic | Add into stir fries, add onto salads, eat as a main with tasty marinade, add into sauces  | 15g per 1/2 cup            |
| Almonds       | The seed from the almond tree that is sometimes removed of its shell            | Any local grocery store in dried fruit section                                    | Eat alone as a snack, sprinkle shaved slices onto just about anything, grind into flour + use for baking                            | 5g for 15 almonds          |
| Pumpkin Seeds | The seed of the pumpkin that is sometimes removed of its shell                  | Any local grocery store in dried fruit section                                    | Eat alone as a snack, sprinkle onto just about anything, add to smoothies, add to baked goods                                       | 3g for 1/4 cup             |
| Chickpeas     | Pulse of the legume containing white flowers with colourful veins               | Any local grocery store in the dried bean or canned bean sections                 | Add to salads, make hummus, roast + eat as a snack, grind into flour + use for baking   | 20g for 1/2 cup            |
| Oats          | Seed from the oat plant   | Any local grocery store in the cereal and/or baking aisle                         | Morning oatmeal/overnight oats, add to baked goods, grind into flour + use for baking, make a granola                               | 6g for 1 cup (once cooked) |
| Tahini        | Finely ground sesame seeds  | Most local grocery stores in the nut butter aisle                                 | Add to baking as nut butter substitutes, add to hummus, make a lemon tahini salad dressing, spread onto toast                       | 3g for 1 tbsp              |

determine how many grams of protein you need by multiplying your body weight in pounds by 0.6