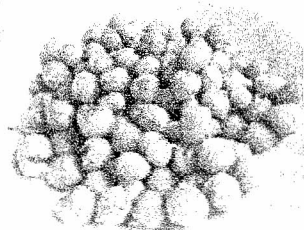
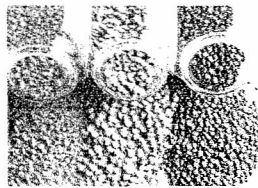


Plant-Based Protein Sources



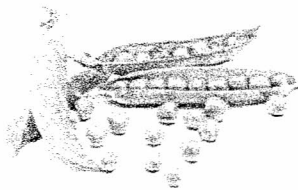
CHICKPEAS

- 1 CUP = 15 g Protein
- Improve digestion, support blood sugar control (because it's a slow releasing carb), increase protection against metabolic syndrome and heart disease, increases satiety (aids in weight loss)



LENTILS

- 1 CUP = 18 g Protein
- Just like chickpeas, additionally help alkalize the body and balance it's pH level, improves gut health and improves immunity, contain all the essential amino acids that are needed by our bodies for good muscle-building, prevent atherosclerosis (fatty deposits in arteries), good source of folic acid, high iron



PEAS

- 1 CUP = 8.5 g Protein
- Rich in polyphenol antioxidants, anti-inflammatory, provide protection against stomach cancer, anti-aging, aids in preventing Alzheimer's, arthritis, candida, osteoporosis



TEMPEH

- 3 oz. = 15 g Protein
- Probiotic, lowers cholesterol levels, lower risk prostate cancer, phytoestrogens, menopause relief, and rich source of dietary fats (Omega - 3)

HEMP SEEDS



- ¼ CUP = 13 g Protein
- Dietary fats, provide all 9 essential amino acids, protect brain, and improves skin conditions



- 1 OZ. = 5.6 g Protein
- Omega-3 fatty acids, fiber, antioxidants, iron, calcium, eating 1 oz. provides 18% of daily calcium needs, 27 % of phosphorus, 30% of manganese, aids diverticulitis by reducing pressure and inflammation of the colon, aids oral health, promote kidney health, and support proper hydration

Dietary Reference Intake of protein is .8 grams per .36 grams per pound. Average sedentary man = 56 grams daily. Average sedentary woman = 46 grams daily.

- Vegan = Do not consume any animal products or by-products. Are plant based only.
- Ovo-lacto Vegetarian = Do not consume red meat, white meat, fish or fowl. Do consume dairy products and egg products. (Most common type of vegetarian)
- Lacto Vegetarian = Do not consume red meat, white meat, fish, fowl or eggs. Do consume dairy products
- Ovo-Vegetarin = Do not consume red meat, white meat, fish, fowl or dairy. Do consume egg products
- Pescatarian = Restrict meat consumption to fish and seafood
- Polloatarian = Restrict meat consumption to poultry and fowl
- Flexitarian = Plant based with the occasional meat item. Limit meat intake as much as possible.

CHOCOLATE CHIA PUDDING

2 cups mylk
½ cup chia seeds
2 tblspn maple syrup
1 tablsbn cacao powder
1 ½ tspn vanilla extract
Dash cinnamon

Whisk all ingredients together (except seeds)