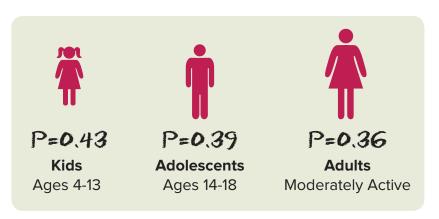


to plant-based protein

Your Daily Protein Needs

Step 1: Find your "P" value



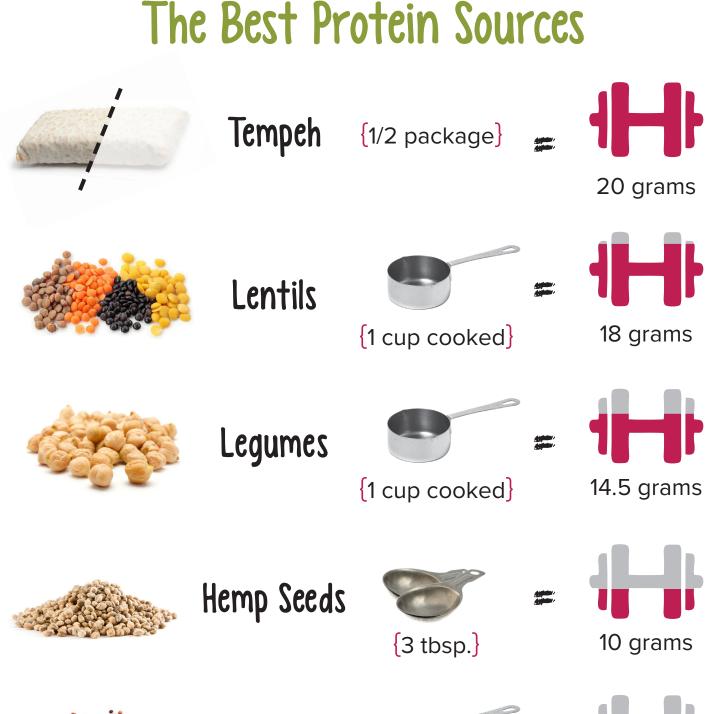


PROTEIN NEEDS

(IN GRAMS)

Step 2: Calculate your needs

The Rest Dratein Sources



More Protein Sources

{1 cup cooked}

Quinoa



Almonds–Raw (1/4 cup = 8 g)

Sunflower Seeds–Raw (1/4 cup = 7 g)

Broccoli–Chopped (1 cup = 6 g)

9 grams

Chia Seeds (2 Tbsp = 6 g)

Kale-Chopped (2 cups = 4.5 g)

