

# crazysexy cheat sheet

to plant-based protein

## Your Daily Protein Needs

**Step 1:** Find your “P” value



**P=0.43**  
Kids  
Ages 4-13



**P=0.39**  
Adolescents  
Ages 14-18



**P=0.36**  
Adults  
Moderately Active

**Step 2:** Calculate your needs

$$\frac{P \times \text{BODY WEIGHT (LBS.)}}{= \text{YOUR DAILY PROTEIN NEEDS (IN GRAMS)}}$$

## The Best Protein Sources



**Tempeh**

{1/2 package}

=



20 grams



**Lentils**



{1 cup cooked}

=



18 grams



**Legumes**



{1 cup cooked}

=



14.5 grams



**Hemp Seeds**



{3 tbsp.}

=



10 grams



**Quinoa**



{1 cup cooked}

=



9 grams

## More Protein Sources

- ♥ **Tofu—Extra Firm** (3 oz = 9 g)
- ♥ **Almonds—Raw** (1/4 cup = 8 g)
- ♥ **Sunflower Seeds—Raw** (1/4 cup = 7 g)
- ♥ **Broccoli—Chopped** (1 cup = 6 g)
- ♥ **Chia Seeds** (2 Tbsp = 6 g)
- ♥ **Kale—Chopped** (2 cups = 4.5 g)

kris carr.com

**Sources:** Protein needs from the Institute of Medicine of the National Academies. Protein amounts from the USDA nutrient database.