

HIGH PROTEIN VEGAN EDITION



BLACK BEANS
7 g / .5 cup



LENTILS
9 g / .5 cup



NUT BUTTER
8 g / 2tbsp



CHICKPEAS
7 g / .5 cup



QUIONA
8 g / 1 cup

COMPLETE
PROTEIN



PEAS
8 g / 1 cup

@mrsmontgomeryfitlife



EDAMAME
17 g / 1 cup



AVOCADO
4.5 g / 1 cup



SPINACH
10 g / 1 cup



COMPLETE
PROTEIN

TEMPEH
30 g / 1 cup



DID YOU KNOW?

- Proteins break down into amino acids which helps build muscles and keep them strong.
- A complete protein means that it contains the essential amino acids the body needs.
- Aim for .6 to .8 grams per pound of body weight for maximum muscle health