

FREE CHEATSHEET

# PLANT-BASED PROTEIN

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Nuts & Seeds	Per 100g	Beans, Peas, Lentils	Per 100g	Gluten Free Grains	Per 100g
Almonds	29.g	Dried Chickpeas, cooked	9.4g	Buckwheat	3.38g
Cashews	17.7g	Dried Cannellini Beans, cooked	8.4g	Brown Long Grain Rice	2.74g
Pecans	9.2g	Dried Black Beans, cooked	9.9g	Rolled Oats	13.1g
Pinenuts	17.g	Dried Red Lentils, cooked	7.5g	Millet	3.51g
Walnuts	14.7g	Dried Green Lentils, cooked	7.4g	Quinoa	4.4g
Chia Seeds	21.8g	Dried Yellow Split Peas	10g		
Hemp Seeds	31g	Dried Green Split Peas	9.8g	<b>Microgreens</b>	<b>Per 100g</b>
Pumpkin Seeds	33.3g	Frozen Garden Peas	5.7g	Sunflower & Basil	2.21g
Sesame Seeds	18.2g			Sunflower & Beet	2.21g
Sunflower Seeds	23.4			Sunflower & Radish	2.21g
Vegetables, Raw	Per 100g			Sprouts	Per 100g
Asparagus	2.2g	Parsnips	1.2g	Alfalfa Seeds	3.33g
Beets	1.61g	Peppers, sweet red	0.99g	Lentils	8.96g
Beet Greens	2.2g	Pumpkin	1.g	Peas	8g
Broccoli	2.82g	Rocket	2.58	Radish Seeds	3.81
Cabbage	1.28g	Romaine	1.23g		
Carrots	0.93	Seaweed, dried spirulina	57.47g		
Cauliflower	1.92g	Seaweed, wakame	3.03g		
Dandelion	2.7g	Spinach	2.86g		
Kale	2.92g	Sweetcorn	3.27g		
Mushrooms, white	3.09g	Sweet Potato	1.57g		
Onions	1.1g				