

# top **meatless** protein sources

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**nut butters**  
8g / 2tbsp



**oatmeal**  
6g / per cup



**Greek yogurt**  
10g / per 100g



**eggs**  
6g / per egg



**beans**  
15g / per serving (180g)



**nuts**  
6g / per handful



**cauliflower**  
5g / per serving (180g)



**broccoli**  
5g / per serving (180g)



**seeds**  
6g / per handful



**spinach**  
5g / per serving (180g)

# Top Vegetarian Protein Sources

If you're a vegetarian you need to provide your body with foods that contain the essential amino acids that are used as building blocks of protein in the body. Every time you eat food of any kind your body breaks it down into three basic groups: A) Useful stuff B) Energy C) Waste.

Useful stuff are foods which contain vitamins and the amino acids the body needs in order to create more complex molecules which then form what everyone sees: like hair, skin, eyes, muscle and so on. Energy comes from foods which contain either sugar or fat and depending on your body's energy needs some of it will be used up immediately while the rest will be stored for later. Waste is everything your body cannot use or process and everyone knows what happens to waste.

Vegetarians and Vegans who train can still source everything they need for the body to build good quality muscle by eating a variety of foods which can be used to source the amino acids necessary to build protein in the body.

The table below provides some of the foods you can use to help your body build protein when you are on a meat-free diet.

## DAIRY

Egg Whites  
Cottage Cheese  
Cheddar Cheese  
Mozzarella  
Ricotta Cheese (low fat)  
Parmesan  
Gouda Cheese  
Feta Cheese  
Swiss Cheese  
Low Fat Yogurt

## NUTS & SEEDS

Pine Nuts  
Black Walnuts  
Pumpkin seeds/Squash seeds  
Roasted almonds  
Cashew nuts  
Hemp seeds  
Sunflower seeds

## VEGETABLES

Spinach  
Broccoli  
Brussel sprouts  
Sun-dried tomatoes  
Asparagus  
Cauliflower

## PULSES (LEGUMES)

Lentils  
Peas  
Blackeyed Peas  
Kidney beans  
Beans  
Soybean

## CEREAL

Oats & Oat bran  
Whole wheat spaghetti  
Couscous  
Bulgur  
Rye bread  
Whole wheat pita bread  
Pita bread  
Quinoa  
Buckwheat

## FUNGI

Mushrooms