



# Plant-Based Protein Sources

It's easy to find plant-based sources of protein at the grocery store. Just look at all these options! These foods also tend to be high in fiber, vitamins, minerals and other important nutrients.

			
Beans	Broccoli	Chickpeas	Greens
			
Lentils	Nut Butter	Nuts and Seeds	Peas
			
Potatoes	Quinoa	Seaweed	Soy milk
			
Spinach	Tempeh	Tofu	Veggie Patties