



Vegan Protein Guide

How Much Protein Do I Need?

- The RDA for protein is 0.8 grams of protein per kilogram of body weight. At minimum, you want to eat this much protein per day. The Acceptable Macronutrient Distribution Range for protein is 10-35% of total calories per day.

Calculate Your Protein Needs:

- Weight in pounds ____ divided by 2.2 = ____ kg
- Multiply weight in kg ____ x 0.8 = ____ grams protein per day

Planning Your Meals:

- Plan your meals, dividing up your protein goal between your 3 meals. For example, a healthy female weight 145 lbs needs at least 53 grams of protein per day or about 18 grams of protein per meal.

Food	Serving Size	Calories	Protein
Tempeh	1/2 cup	160	17 grams
Seitan	2 ounces	100	15 grams
Textured Vegetable Protein (TVP), dried, uncooked	1/4 cup	80	12 grams
Hemp seeds, raw, shelled	3 tablespoons	180	10 grams
Soy nuts, dry roasted	1/4 cup	104	10 grams
Tofu, extra firm	3 oz	80	9 grams
Soybeans (Edamame), frozen, prepared	1/2 cup	94	9 grams
Lentils, cooked	1/2 cup	113	9 grams
Peanut butter, smooth	2 tablespoons	187	9 grams
Kidney beans, canned, drained	1/2 cup	108	8 grams
Green peas, cooked	1 cup	84	8 grams
Almond butter, smooth	2 tablespoons	190	7 grams

Soymilk, all flavors	1 cup	80	7 grams
Black beans, canned, drained	1/2 cup	109	7 grams
Pasta, cooked, spaghetti	1 cup	174	7 grams
Soy yogurt	5.3 oz	140	6 grams
Oatmeal, cooked	1 cup	158	6 grams
Hummus, commercial	1/3 cup	136	6 grams
Almonds	1 ounce, 23 nuts	170	6 grams
Chickpeas, canned, drained	1/2 cup	105	5.5 grams
Chia seeds	2 tablespoons	120	5 grams
Quinoa, cooked	1/2 cup	111	4 grams
Walnuts	1 ounce, 14 halves	185	4 grams
Bulgur, cooked	1/2 cup	75	3 grams
Spinach, cooked	1 cup	23	3 grams
Rice, white, long-grain, cooked	1/2 cup	105	2 grams
Almond milk, unsweetened	1 cup	39	2 grams

Source: US Department of Agriculture, National Nutrient Database for Standard Reference, Legacy Release, April 2018.

A short list of some of my favorite vegan protein brands/products:

- **Field Roast:** Smoked Apple Sage Sausages and Italian Sausages (Both have 25 g protein/sausage)
- **Trader Joe's:** Vegan Soy Chorizo (11 g protein/serving)
- **Morningstar Farms:** Spicy Black Bean Burgers (10 g protein/burger), Grillers Crumbles (9 g protein/serving)
- **Tofurky:** Peppered or Hickory Smoked Deli Slices (13 g protein/5 slices), Beer Brats (24 g protein/sausage)
- **Upton's:** Traditional or Italian Seitan (15 g protein/serving)
- **Lightlife:** Gimme Lean Veggie Beef (8 g protein/serving), Organic Flax Tempeh (15 g protein/serving), Smart Bacon (2 g protein/slice)
- **Phoenix Bean Tofu (Local to Chicago):** Extra firm tofu, turmeric tofu, tofu noodles

