

crazysexy cheat sheet

to plant-based protein

Your Daily Protein Needs

Step 1: Find your "P" value



P=0.43
Kids
Ages 4-13



P=0.39
Adolescents
Ages 14-18



P=0.36
Adults
Moderately Active

Step 2: Calculate your needs

P x **BODY WEIGHT (LBS.)**

= YOUR DAILY PROTEIN NEEDS (IN GRAMS)

The Best Protein Sources



Tempeh {1/2 package}

=



20 grams



Lentils



{1 cup cooked}

=



18 grams



Legumes



{1 cup cooked}

=



14.5 grams



Hemp Seeds



{3 tbsp.}

=



10 grams



Quinoa



{1 cup cooked}

=



9 grams

More Protein Sources

♥ **Tofu—Extra Firm** (3 oz = 9 g)

♥ **Almonds—Raw** (1/4 cup = 8 g)

♥ **Sunflower Seeds—Raw** (1/4 cup = 7 g)

♥ **Broccoli—Chopped** (1 cup = 6 g)

♥ **Chia Seeds** (2 Tbsp = 6 g)

♥ **Kale—Chopped** (2 cups = 4.5 g)

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