

Whole Food Plant Based Protein

Where do I get my protein from plants?

How much protein do I need per day?

RDA (Recommended Daily Allowance) of protein is 63 grams for men and 50 grams for women. For a more exact calculation, multiply your weight in pounds by 0.36. A 140 lb person would need 50.4 grams. A 180 lb person would need 64.8 pounds. A 250 pound person would need 90 grams.

Contrary to popular belief, you do not need to consume “complete” protein within one meal, or even one day. Our bodies are intelligent and know what to do with our food.

For Reference:

1 cup cow’s milk contains 8 grams of protein.

1 cup of lean ground beef contains 22-25 grams of protein.

1 cup of cooked chicken contains 38-43 grams of protein.

Most people get far too much protein on a daily basis. It is easy to consume the proper amount of protein when you are eating 1-2 cups of lentils and/or beans each day, along with 1-3 cups of

whole grains and a wide variety of fruits, vegetables, nuts & seeds.

Lentils = 18 grams of protein per cooked cup. Plus fiber, resistant starch, folate, manganese, iron, antioxidants and more.

Beans = about 15 grams of protein per cooked cup. Plus complex carbohydrates, resistant starch, fiber, iron folate, phosphorus, potassium, and manganese.

Ancient grains (spelt, teff, einkorn, barley, sorghum, Kamut, and farro) = 9-11 grams of protein per cooked cup. Plus complex carbohydrates, fiber, iron, magnesium, phosphorus, manganese, B vitamins, zinc, and selenium.

Hemp seeds = 9 grams of protein per 3 tablespoons.* Plus magnesium, iron, calcium, zinc, selenium, omega-3 and omega 6 fatty acids (in the perfect ratio)

Green peas = 9 grams of protein per cooked cup. Plus fiber, thiamine, folate, manganese, vitamin C and K, iron, magnesium, phosphorus, zinc, copper, and other B vitamins.

Spirulina = 8 grams of protein per 2 tablespoons.* Plus iron, copper, magnesium, riboflavin, manganese, potassium, essential fatty acids, and antioxidants.

Amaranth and Quinoa = 8-9 grams of protein per cooked cup. Plus complex carbohydrates, fiber, iron, manganese, phosphorus, and magnesium.

Wild rice = 7 grams of protein per cooked cup. Plus fiber, manganese, magnesium, copper, phosphorus, and B vitamins.

Millet, Buckwheat, Brown rice = 5-6 grams of protein per cooked cup. Plus fiber, iron, potassium, phosphorus.

Oats = 5 grams of protein per uncooked cup. Plus fiber, magnesium, zinc, phosphorus, and folate.

Chia Seeds = 5 grams of protein per 1 ounce.* Plus iron, calcium, selenium, magnesium, omega-3 fatty acids, antioxidants, and more.

Nuts and seeds = about 5-7 grams of protein per 1 ounce.* Plus omega-3 fatty acids, iron, calcium, magnesium, selenium, phosphorus, vitamin E, B vitamins, and antioxidants.

Dried Ningxia Wolfberry = a little more than 4 grams of protein per 1 cup. Plus Calcium, Magnesium, Potassium, Fiber, B Vitamins, and Vitamin C, Vitamin A and multiple carotenoids, Copper, Iron, Manganese, and Zinc.

All fruits and vegetables contain some protein.

Vegetables with the highest content at around 4-5 grams of protein per cooked cup include: broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes, and Brussels sprouts. Fruits with the highest content at about 2-4 grams of protein per cup include: guava, cherimoyas, mulberries, blackberries, nectarines, and bananas.

These are not recommended as a first priority as they are highly processed:

Soy-Based Products (Not recommended if you are sensitive to estrogen or have cancer. Only use organic AND fermented. Miso, Natto, Tempeh = 12-20 grams of protein per 3.5 oz.* Plus iron, calcium, probiotics, B vitamins, magnesium, phosphorus.

Nutritional yeast is not recommended if you are sensitive to yeast or have candida. This can cause diarrhea. Only use organic, non-fortified) = 8 grams of protein per ½ oz.* Plus fiber, B vitamins, Vitamin E, Potassium, Iron, Calcium.

*Serving is less than 1 cup.

Resources: healthline.com, drfuhrman.com, tools.myfooddata.com, Discovery of the Ultimate Superfood, by Young, Lawrence, and Schreuder.