

Vegetarian Protein

1. Pinto Beans, Kidney Beans, Black Beans, Soybeans, Navy Beans, Garbanzo Beans
2. Split peas, Lentils
3. Peanut Butter
4. Tofu, Tempeh
5. Walnuts, Almonds, Pecans, Brazil nuts
6. Brown rice, Whole Wheat, Oats, Barley
7. Pumpkin seeds, Sesame Seeds, Tahini, Flax seed, Chia Seed
8. Peas, Kale, Okra
9. Dairy products (for lacto-ovo and lacto-vegetarians)
10. Eggs (for lacto-ovo vegetarians)