

PLANT PROTEIN

For those who follow a plant-based diet if your meals are well planned, and you eat a mixture of different plant proteins throughout the day you should get all the essential amino acids your body needs.



SOYBEANS
(soy milk,
soy yoghurt,
tofu, tempeh,
edamame)



LEGUMES
(beans, peas,
lentils, chickpeas)



NUTS & SEEDS
(chia & pumpkin
seeds, almonds &
Brazil nuts)



GRAINS
(quinoa, oats,
wild rice,
buckwheat)

Plant-based diets can
include many plant foods
which are sources of
protein such as:

A taste of
VEGANUARY