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### **Vegan Protein Sources:**

Each food contains 1 full serving (about 20-25 g of protein), comparable to a 3oz chicken breast.

For proper hormone regulation, mood support, and blood sugar stability. I recommend 70-90 g of protein per day, divided into 3 large meals, with 20-30 g consumed at breakfast time.

Vegetarian protein sources are “lower-quality”, meaning they are not as well absorbed, and are “incomplete”, not containing all 9 essential amino acids. Therefore, aim for the higher end of the range.

	Calories	carb	fat	protein
Vega - Protein, 1 scoop	120	6	1	25
Broccoli, raw, 6 cup chopped	186	36	2	15
Truroots - Quinoa, 1 cup	680	120	12	20
Peas - Green, frozen, unprepared, 2.5 cup	277	49	1	19
Pumpkin Seeds - Pumpkin Seeds, 6 Tb	336	7	30	18
Spirulina - Spirulina, 4 tbsp(s)	120	12	4	24
Happy Hemp - Toasted Hemp Seeds, 75 g (5 tbsp)	420	24	27	20
Progresso - Chickpeas, 2 cup	400	68	6	20
Edamame - Edamame, 1.5 cup	300	27	9	24
Seeds, chia seeds, dried, 4 oz	550	48	35	19
Beans - Kidney, canned, 1.5 cup	315	56	2	20
Beans - Black, cooked, boiled, with salt, 1.5 cup	341	61	1	23
Lentils - Lentils, 1.5 cup	345	60	1	27

For comparison, a 3oz chicken breast contains 147 calories, 0 g of carbs, 4 g of fat, and 26 g of protein.