

## Plant Based Proteins

### Lentils

Lentils are a protein favorite of many, especially those on vegetarian and vegan diets looking to pump up the protein fast. Lentils add 9 grams of protein to your meal per half cup, along with nearly 15 grams of fiber! See our lentil recipes here for tasty ways to use these little meaty legumes!

### Black Beans

Black beans are one of the richest sources of antioxidants and one of the healthiest beans of all beans and legumes. Their dark color indicates their strong antioxidant content and they also have less starch than some other beans. One favorite way to enjoy them is to make black bean burritos, but that's not the only way to use them. Try these delicious black bean recipes to add 8 grams of protein per 1/2 cup of these beans to your plate.

### Green Peas

Packed with protein and fiber, peas are so yummy! They contain 8 grams of protein per cup, so add a little of these sweet treats throughout the day. Bonus ... peas are also rich in leucine, an amino acid crucial to metabolism and weight loss that's hard to find in most plant-based foods. Pea recipes for the win!

### Oatmeal

Oatmeal has three times the protein of brown rice with less starch and more fiber. It's also a great source of magnesium, calcium, and B vitamins. See [Why Every Athlete Needs Oats](#) here and our favorite oatmeal recipes too.

### Spinach

Filled with 5 grams of protein per cup, spinach is a great leafy green to enjoy as much as you can. We don't have to tell you how to use it though ... we're sure you're already loving this green plenty. Just in case, here are some recipes you might not have tried yet.

### Broccoli

This lovely veggie contains 4 grams of protein in just 1 cup, which isn't too bad considering that same cup also contains 30 percent of your daily calcium needs, along with vitamin C, fiber, and B vitamins for only 30 calories. Let us count the ways we use broccoli!

### Asparagus

Filled with 4 grams per cup (about 4-6 stalks, chopped), asparagus is also a great source of B vitamins and folate. We love it so much, we just can't stop using it in all kinds of ways!

### Green Beans

Green beans pack 4 grams of protein in just 1/2 cup, along with vitamin B6, and they're low in carbs but high in fiber. See all our green bean recipes here!

### Almonds

Almonds have 7 grams per cup of fresh nuts or in 2 tablespoons of almond butter. And what's not to love about this healthy nut? Here's how to make your own almond butter, and some tasty ways to use almonds here.

### **Chickpeas**

Not just for hummus, a 1/2 cup of chickpeas will also give you a nice dose of protein (6-8 grams depending on the brand). You can also use hummus, though note that it's not as high in servings as chickpeas since it contains other ingredients. Try incorporating chickpeas into meals more often when you can ... here are some tasty ideas to start!

### **Peanut Butter**

A favorite pre-workout food of many, peanut butter is a classic American staple everyone loves. Thankfully, just 2 tablespoons also gives you 8 grams of pure, delicious protein too! Try these peanut butter recipes for all kinds of tasty way to use this healthy staple.