The Plant-Based Protein Cheat Sheet

10 sources, the simple math, and the grocery list.

By Tom Birkenmeyer

The first question I always get about eating plant based is, where do you get your protein? This sheet is my answer. No meat, no protein panic, just real food and simple math, the same list I have lived on for years.

The 10 Sources

Tempeh	One cup. More protein than 5 eggs or a hamburger patty.	30 g
Lentils	One cup cooked. Rice dishes, veggie burgers, casseroles.	18 g
Beans	Black, kidney, or pinto, one cup. A full belly and heart-healthy fiber.	13 to 15 g
French beans	One cup. The sleeper on this list, nobody expects beans this strong.	13 g
Hemp powder	30 grams tossed in a smoothie. Just like that.	11 g
Sprouted grain bread	As toast or a veggie sprout sandwich.	10 g
Quinoa	One cup. The star of the plant based plate.	9 g
Peas	One cup boiled. Cheap, easy, and in everything.	9 g
Nut butter	Peanut, almond, sunflower seed, or flaxseed, two tablespoons.	8 g
Spinach and kale	One cup of cooked spinach, or two cups of cooked kale.	7 g / 5 g

> **My daily anchor:** one scoop of Shakeology, 15 grams of protein, every day since 2009. It is convenient, it tastes good, and it covers the gaps on the days life gets in the way.
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> If you want to try it, use my link with code **TOMBBODI** for 15% off. Full honesty:

that is my affiliate link, I earn a commission at no extra cost to you, and the code saves you money.

The Math: What a 100 Gram Day Looks Like

Breakfast shake Shakeology 15 g + hemp powder 11 g + nut butter 8 g	34 g
Lunch Quinoa bowl, quinoa 9 g + black beans 14 g	23 g
Snack Sprouted grain bread sandwich	10 g
Dinner Tempeh 30 g + cooked spinach 7 g	37 g
Full day total	104 g

Learn the ten numbers above and you can build a 100 gram day in your sleep.

The Grocery List

- Tempeh
- Lentils
- Black, kidney, and pinto beans
- Quinoa
- Hemp powder
- Nut butter (peanut, almond, or sunflower)
- Sprouted grain bread
- Spinach and kale
- Peas and French beans
- Non-dairy milk
- Shakeology, my daily anchor

Keep Going

The Blood Sugar Reset Hub: free guides plus my 7 day and 30 day blood sugar resets, all in one place.
tombirkenmeyer.com/30-day-blood-sugar-reset/blood-sugar-reset-hub/

The Blood Sugar Reset on Facebook: follow the page for the daily side of this work.
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Retired at 32. Training since 2007. Eating like this the whole way.