

PROTEIN

Artichokes – **8 grams per cup** – Vit C, fibre, potassium, magnesium

Asparagus – **4.5 grams per cup** – B vitamins, folate

Avocado – **4 grams per cup** – Vit C, E, K, B6, riboflavin, niacin, folate, pantothenic acid potassium, magnesium

Black Beans – **15 grams per cup** – antioxidants, folate, fibre, phosphorus, copper, manganese, thiamine, magnesium, iron

Broccoli – **4 grams per cup** – calcium, Vit C, fibre, B vitamins

Chickpeas – **15 grams per cup** – fibre, iron, folate, phosphorus, manganese, Potassium

Edamame – **20 grams per cup** – Vit K1, folate, thiamine, riboflavin, iron, copper, Manganese

Green Peas – **9 grams per cup** – iron, magnesium, phosphorus, copper, B vitamins, fibre, folate, manganese, Vit A, C, K

Kidney Beans – **13 grams per cup** – calcium, Vit C, fibre, B vitamins

Lentils – **18 grams per cup** – fibre, thiamine, folate, manganese, Vit A, C, K

Pinto Beans – **12 grams per cup** – molybdenum, folate, fibre, copper, manganese, phosphorus, Vit B12, B6, magnesium, potassium, iron

Spinach – **5 grams per cup** – Vit A, C, E, K, B6, niacin, zinc, fibre, thiamine, folate, calcium, iron, magnesium, phosphorus, potassium, copper, manganese

Chia seeds- **5 grams per 2 tablespoons** – calcium, magnesium, iron, zinc, boron, niacin, Vit B, D, E, Omega -3 (8 times more than Atlantic salmon)

Hemp seeds – **15.5 grams per half cup** – magnesium, iron, calcium, zinc, selenium, Omega – 3 & 6

Almonds – **21 grams per 100 grams** – Vit E, manganese, biotin, copper, magnesium, molybdenum, riboflavin, phosphorus

Pumpkin seeds – **6 grams per half cup** – magnesium, phosphorus, zinc

Quinoa – **8 grams per cup** – fibre, iron, manganese, phosphorus, magnesium

Pistachios – **21 grams per 100 grams** – copper, manganese, thiamine, phosphorus, B6

Sunflower seeds- **6 grams per quarter cup** – manganese, selenium, phosphorus,

magnesium, folate, niacin, thiamine, Vit E, B6

Cottage Cheese – **11 grams per half cup** – B vitamins, calcium, selenium, phosphorus

Greek Yogurt – **10 grams per 100 grams** – Vit A, B12, riboflavin, selenium, calcium, phosphorus,

zinc, pantothenic acid, potassium