

Top 10 Sources of Veggie Protein

design / layout by:
Q-Mars Imandel
www.facebook.com/vibender

Where do you get your protein?

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Spinach
49% protein



Kale
45% protein



Broccoli
45% protein



Cauliflower
40% protein



Mushrooms
38% protein



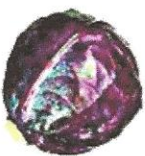
Parsley
34% protein



Cucumbers
24% protein



Green Pepper
22% protein



Cabbage
22% protein



Tomatoes
18% protein



Beef
25.8% protein



Chicken
23% protein



Eggs
12% protein

Protein in Meat: