

Plant-based Protein Sources

[Looking for the best plant-based protein sources?](#) These top 10 plant-based powerhouses make it easy to fuel your body with clean, sustainable protein.

From lentils, chickpeas, and black beans to superfoods like quinoa, hemp seeds, and chia seeds, each option is packed with nutrients, fiber, and essential amino acids.

Soy-based favorites like tofu, tempeh, and edamame offer versatile, high-protein choices, while seitan provides a hearty, meaty texture for savory meals.

Perfect for vegans, vegetarians, or anyone exploring plant-based eating, these protein-rich foods are delicious, affordable and easy to add to everyday recipes for balanced, energizing, and nourishing meals.

Plant-based Protein Sources



Lentils



Chickpeas



Black Beans



Quinoa



Tofu



Tempeh



Edamame



Hemp Seeds



Chia Seeds



Seitan



Broccoli



Soymilk