

# Plant-Based Foods High in Protein



Soy Milk  
(8 g/ 1 cup)



Lentils (18 g/  
1 cup cooked)



Quinoa (8 g/  
1 cup cooked)



Broccoli  
(2.6 g/ 1 cup)



Peanut Butter  
(7 g/ 2 tbsp)



Tofu (17 g/  
half cup)

**KiDS**  
kids + dairy symptoms