

## PLANT-BASED SOURCES OF PROTEIN

**Green peas.** Peas may be tiny, but they actually rank among the highest sources of protein in the vegetable family. They are also excellent sources of iron, magnesium, phosphorus, zinc, copper and multiple B vitamins.

**Beans.** There are many kinds of beans that contain high amounts of protein per serving, such as kidney beans, black beans and pinto beans.

**Spinach.** Often considered a superfood, spinach is loaded with large amounts of protein, potent antioxidants, vitamins and minerals.

**Broccoli.** This cruciferous vegetable can provide a wealth of nutrients including protein, fiber vitamins and minerals. A single medium-sized stalk can contain 4g of protein.

**Nuts and Seeds.**

**Artichokes.** Artichokes are rich in both protein and dietary fiber.

**Brussels sprouts.** Like artichokes, these edible green gems are loaded with fiber and protein.

**Kale.** A single cup of this leafy green vegetable contains 2g of protein.

**Mushrooms.** Maitake and reishi are the best in adding protein to your diet.

And **wheatgrass**, of course.

Grow your own, or take Hippocrates Organic Wheatgrass Powder.