



“ Choose Right, Feel Strong ”

VEGAN PROTEIN CHEATKIT

per 100 g



*Digestibility

How well your body absorbs and uses protein.

★ 3-Star system
High, Medium, Low.

*Leucine

Key for muscle growth

Tempeh

20g Protein



1.6 g Leucine



Pumpkin Seeds

30g Protein



2.3g Leucine



Soy Protein Powder

85g Protein



6.8g Leucine



Peanuts

25g Protein



1.9g Leucine



It's True.

Vegans Need **MORE** Protein!



Digestibility matters!



Aim for ~3 g Leucine per meal



Choose high-quality sources



Space protein across your day

www.JustProtein.app

*Based on PDCAAS/DIAAS research.

*Values vary by brand, source, and preparation

Top Vegan Protein Sources

per 100 g

Plant proteins are powerful ! Pick ones that are easily absorbed and fuel muscle repair with complete amino acids and leucine.

Soy Protein Powder (Isolate)



Green Pea Protein Powder



Spirulina



Fermented Soybean Powder



Hemp Seeds



Pumpkin Seeds



Peanuts



Seitan



Tempeh



Sunflower Seeds



Pistachio



Natto



Edamame



Tofu



Lentils



Mung Beans



Chickpeas



Black Beans



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Data compiled from multiple sources (including PDCAAS/DIAAS studies).
Values are approximate and vary by brand and preparation (dry vs. cooked).

What 20g of Protein Looks Like

Each vegan food below gives about 20 g of real protein.
Aim for that per meal – mix & match to stay strong and nourished!

Soy Protein Powder



1 scoop (25g)

quickest way to hit
your protein goal

Tempeh



½ block (111g)

fermented & easy to digest

Fermented Soybean Powder



1 tablespoon (10g)

gut-friendly!
Great for smoothies

Tofu



1 Block (250g)

complete protein

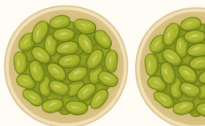
Nut Butter



5 tablespoons
(80-100g)

Pair with soy milk for
balance

Edamame



1.5 cup (200g)

high in leucine

Soy Yogurt



1.5 cup (400g)

only soy or pea yogurt
has real protein

Soy/Pea Milk



3 cups (700ml)

oat and nut milks have
almost no protein.

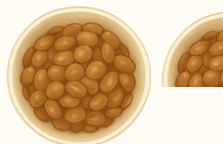
Nuts



1 cup (120g)

about 3 big handfuls
dense in calories – best
as a snack booster

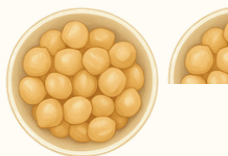
Lentils



1 ¼ cup (275g)

Combine with grains for
complete amino acids.

Chickpeas



1 ¼ cup (275g)

Pair with grains for
balance

Soy/Pea Cheese



3 slices (80g)

Others (nut or coconut
based) are low in protein.

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Protein amounts adjusted for absorption (bioavailability 70-95%, sources: FAO/WHO, Gorissen 2018, van Vliet 2020).