



LINDGREN
functional medicine

PLANT-BASED PROTEIN SOURCES

LEGUMES & BEANS

- peanuts
- peas
- soy* (tofu, edamame, miso, tempeh)
- kidney beans
- pinto beans
- black beans
- navy beans
- butter beans
- garbanzo beans
- mung beans
- lentils

GRAINS

- buckwheat
- quinoa
- millet
- amaranth
- sorghum
- rice
- corn*
- oats
- wheat
- barley
- rye
- wild rice

SEEDS & NUTS

- hempseed
- chia seed
- flaxseed
- sesame seeds
- pumpkin seeds
- sunflower seeds
- almonds
- cashews
- brazil nuts
- macadamia nuts
- hazelnuts
- walnuts
- pecans
- pine nuts

improve nutrient content and digestibility of plant-based proteins by soaking and sprouting

WAYS TO INCORPORATE

- granola
- curry
- soup
- cold salad
- oatmeal & muesli
- component of nourish bowl
- hummus
- nut & seed butters
- fermented soy products



variety is key for getting all the essential amino acids from plant proteins

**find organic & non-GMO if possible*