



## How we get our Protein Without eating Meat

leafy green vegetables	beans,lentils,peas	pine nuts
cantaloupe	amaranth	pecans
watermelon	spirulina	quinoa
strawberries	barley	sunflower seeds
bananas	brazil nuts	walnuts
artichokes	buck wheat	sesame seeds
spinach	cashews	spelt
broccoli	chestnuts	wild rice
brussels sprouts	coconut	brown rice
cauliflower	flax seed	tempeh
asparagus	hazel nuts	seitan
watercress	macadamias	whole grain bread
sweetcorn	millet	hemp
almonds	oats	tofu
peanuts	organic greek yogurt	pumpkin seeds
nut butters	pistachios	black bean burgers