

The RDA of protein is 0.8 g/kg (about 0.36 g/lb) of body weight per day. This equates to about 10-35% of daily calories coming from protein, or about 70 grams of protein per day for a 150 lb adult.

The lower end of this range may meet the nutrient needs for sedentary individuals; however it may not be adequate for athletes and individuals with higher protein needs. Active individuals typically require protein in amounts closer to 1.2-1.8 g/kg of body weight per day. Because plant-based proteins have a lower digestibility than animal protein, shooting for a minimum of 1 g/kg (0.45 g/lb) of body weight can better support satiety along with muscle and tissue maintenance and repair.

What does this mean? Aim for a minimum of 15 grams of protein from one or more protein sources (see Table 1) over the course of four meals to prioritize your protein needs. Sources that are highest in plant-based protein include: legumes, lentils, minimally processed meat alternatives, and unsweetened plant-based protein powder. Nuts and seeds (Table 2) provide additional protein to complement your main protein source(s).

PROTEIN SOURCE	SERVING SIZE	PROTEIN (IN GRAMS)
Lupini beans, cooked	1 cup	26
Edamame, cooked	1 cup	22
Tempeh	3 oz	18
Lentils, cooked	1 cup	18
Abbot's Butcher ground "beef"	½ cup	18
Split peas, cooked	1 cup	16
Abbot's Butcher "chorizo"	½ cup	15
Tofu, extra firm	5 oz	15
Beans, cooked <i>(black, red kidney, white, pinto, navy, lima, chickpeas/garbanzo)</i>	1 cup	14-15
Unsweetened plant protein-powder*	1-2 scoops	10-20 grams
Soy nuts	¼ cup	11
Green peas	1 cup	8

*Pea and pumpkin seed protein powders have the most protein per serving

NUTS & SEEDS	SERVING SIZE	PROTEIN (IN GRAMS)
Hemp seed butter	2 T	10
Hemp seeds	1 oz	9
Peanut butter	2 T	8
Sesame seed butter (tahini)	2 T	8
Peanuts	1 oz	7
Almond butter	2 T	7
Pumpkin seeds/pepitas	1 oz	7
Sunflower seed butter	2 T	7
Almonds	1 oz	6
Sunflower seeds	1 oz	6
Cashew butter	2 T	6
Sesame seeds	1 oz	6
Pistachios	1 oz	6
Cashews	1 oz	5

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