



Tick it, shop it, cook it.

protein-rich
staples

simple combo ideas

ready-to-shop checklist



Get fresh dinner ideas, with exact quantities, every Sunday.

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The High-Protein Shopping List

Getting enough protein on a plant-based diet doesn't have to be complicated. These 15 grocery staples make it easier to fill your cart with protein-rich foods you'll actually use.

Check off what you need, then bring this page to the store.

Fridge + freezer

	PROTEIN (APPROX.)	QUICK IDEA
☐ Extra-firm tofu	10–17 g / 3½ oz	Press, tear, toss in cornstarch, pan-fry
☐ Tempeh	~19 g / 3½ oz	Crumble into tacos or slice and pan-fry
☐ Seitan	20 g+ / 3 oz	Slice into stir-fries, wraps and sandwiches
☐ Frozen shelled edamame	~18 g / cup	Toss straight into bowls and noodles
☐ Unsweetened soy milk	7–8 g / cup	The highest-protein plant milk for oats and coffee



Beans + lentils

	PROTEIN (APPROX.)	QUICK IDEA
☐ Red or green lentils	~18 g / cup cooked	Dal, soups, or a quick pasta sauce
☐ Canned black beans	~15 g / cup	Burritos, tacos and rice bowls
☐ Canned chickpeas	~14 g / cup	Roast until crispy, or smash for sandwiches



Nuts + seeds

	PROTEIN (APPROX.)	QUICK IDEA
☐ Hemp hearts	~10 g / 3 tbsp	Sprinkle on oats, salads and bowls
☐ Pumpkin seeds	~8 g / ¼ cup	Toast for crunch on top of anything
☐ Peanut butter	~7 g / 2 tbsp	Two-minute peanut lime sauce
☐ Chia seeds	~4 g / 2 tbsp	Stir into overnight oats to thicken



Grains

	PROTEIN (APPROX.)	QUICK IDEA
☐ Quinoa	~8 g / cup cooked	Swap in for rice under any bowl
☐ Whole wheat pasta	~7 g / cup cooked	Pair with lentils for a hearty bolognese
☐ Rolled oats	~5 g / ½ cup dry	Overnight oats with soy milk and peanut butter



4 simple 25 g+ combinations

- ☐ Tofu scramble burrito with black beans
- ☐ Lentil dal over quinoa
- ☐ Peanut tofu noodles with edamame
- ☐ PB overnight oats, soy milk, hemp

PROTEIN (APPROX.)
~25 g
~26 g
~27 g
~29 g

Protein figures are estimates based on the portions listed. Actual amounts vary by brand and preparation—always check the nutrition label.

Love simple plant-based eating? Get fresh dinner ideas every Sunday at hungryvegan.co.