

## Veggies highest in Protein (PER 1 CUP EACH)

- Brussel Sprouts= 5.6g



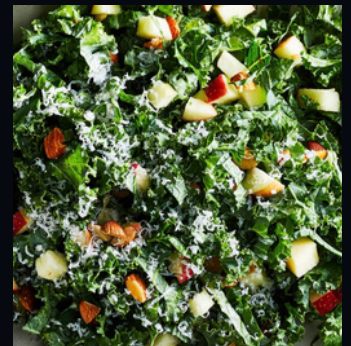
- Artichokes=4.8g



- Green Peas=8.6g



- Kale=3.5g



- Potatoes=4.6g



- Asparagus=4.4g



- Mushrooms=4g



- Spinach=6g

**\*This is to help you understand how to get the most from your plate and protein in a simple way**