

PLANT-BASED PROTEINS

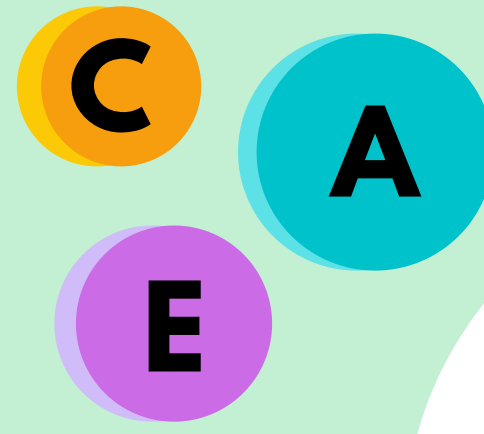
NOT JUST FOR VEGANS AND VEGETARIANS!



A Budget friendly option!



Boosts your intake of gut-healthy fibre.

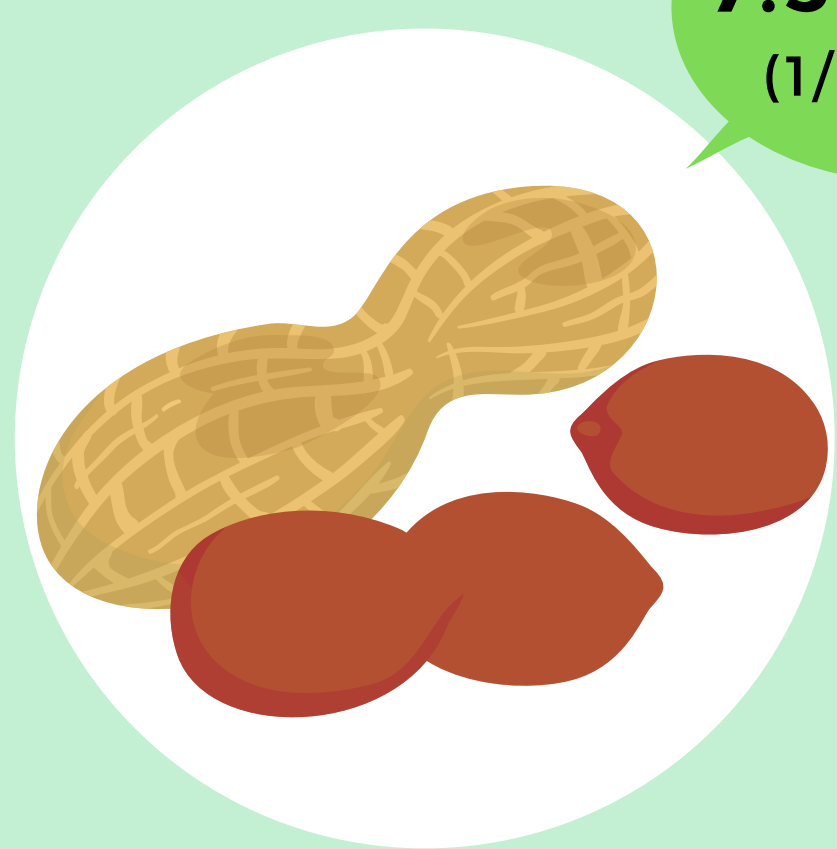


Packed with health-promoting nutrients like antioxidants!



A diet rich in plant foods can lower your risk of cancer, heart disease, and type 2 diabetes!

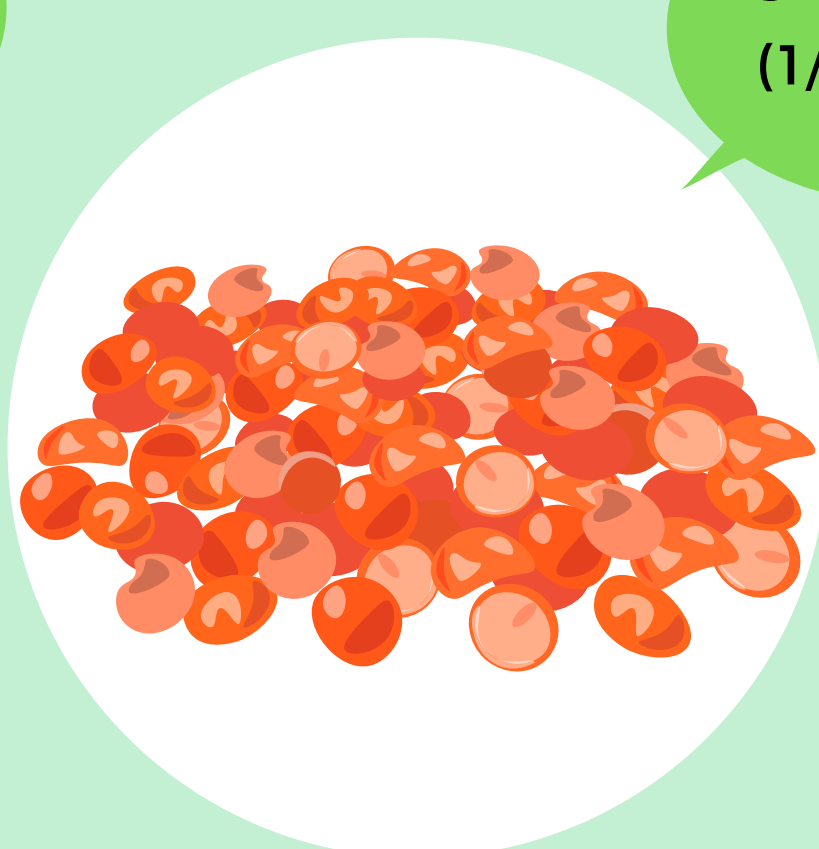
10 TASTY WAYS TO TRY PLANT PROTEINS!



7.5G PRO
(1/4 CUP)

PEANUTS

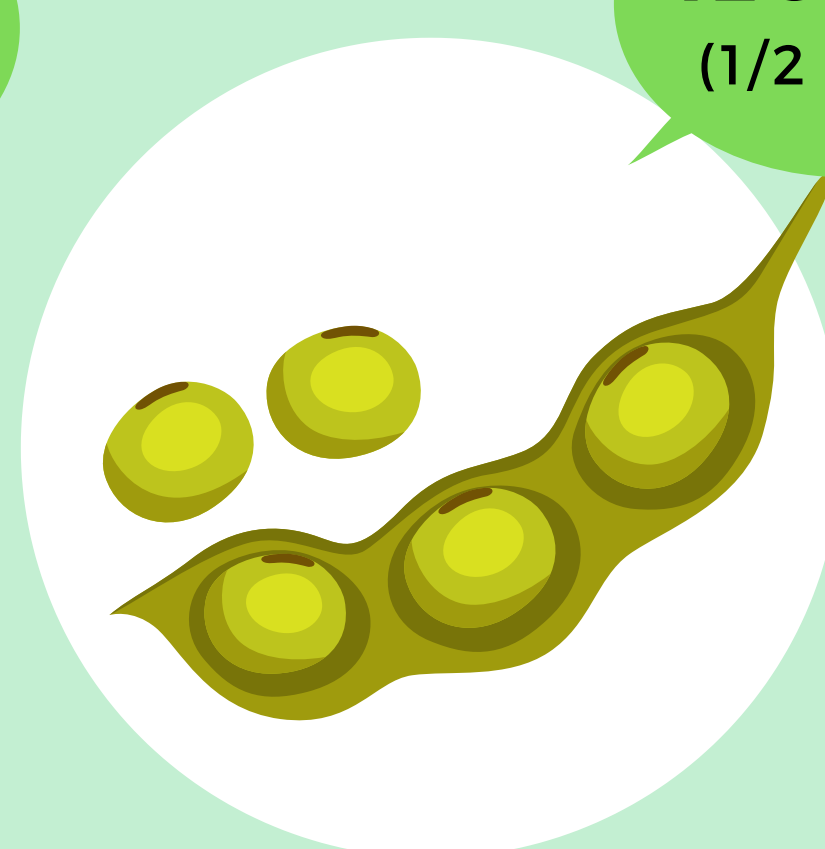
Enjoy a handful for a snack



9G PRO
(1/2 CUP)

LENTILS

Mix into pasta sauce



12G PRO
(1/2 CUP)

EDAMAME

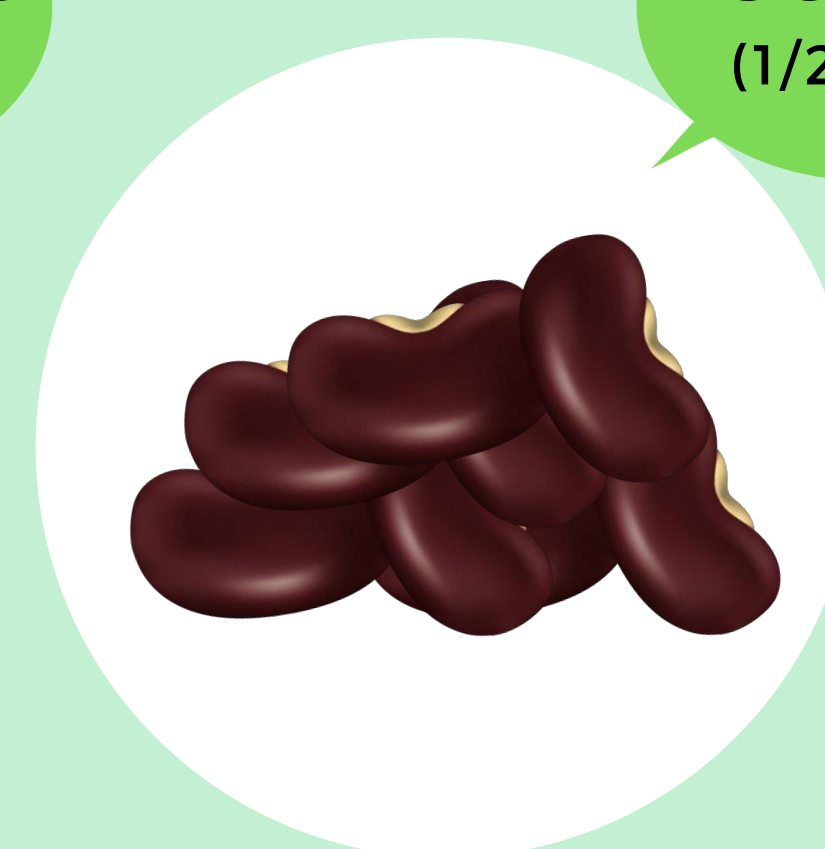
Give beef chili a boost



12G PRO
(3/4 CUP)

TOFU

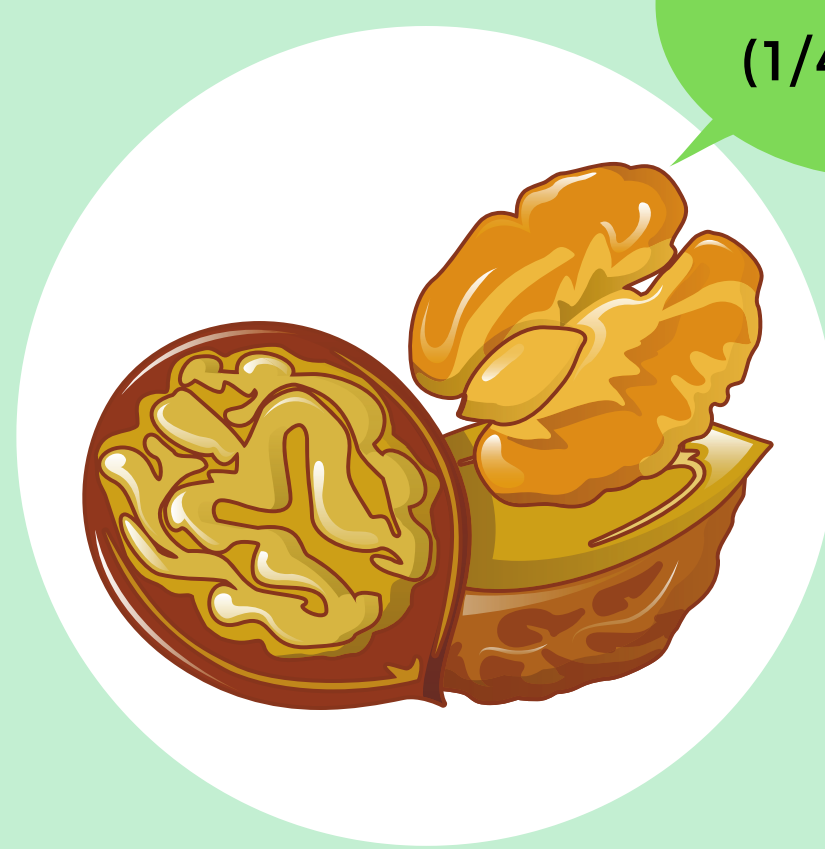
Scramble in a pan with spices



8G PRO
(1/2 CUP)

BLACK BEANS

Create a flavourful bean dip



4.5G PRO
(1/4 CUP)

WALNUTS

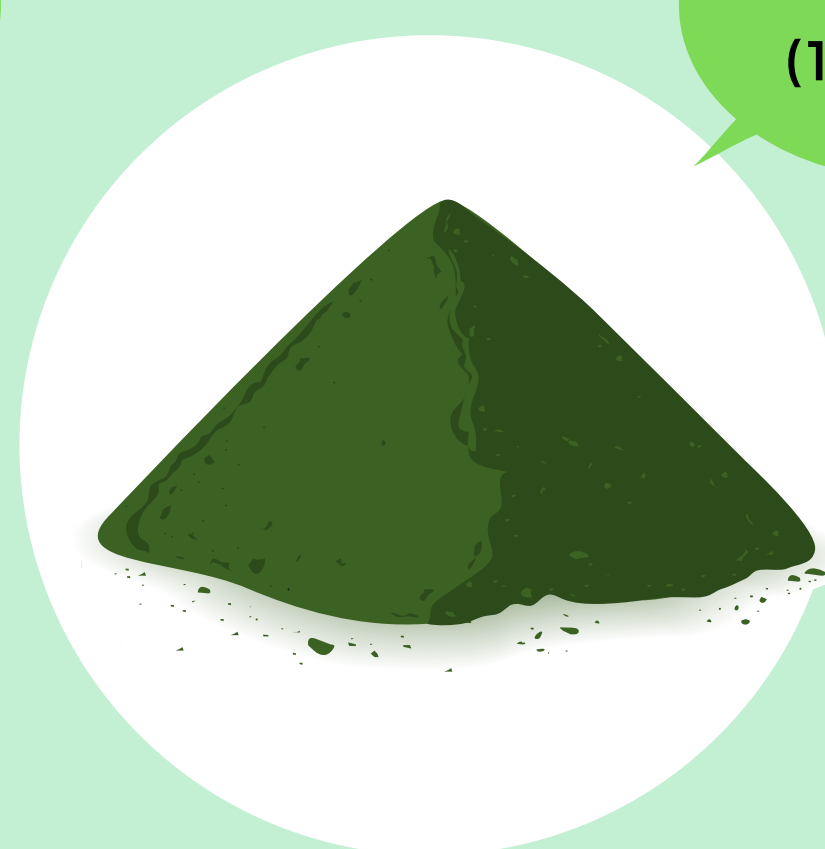
Toss on a leafy green salad



4G PRO
(2 TBSP)

CHIA SEEDS

Sprinkle over oatmeal



4G PRO
(1 TBSP)

SPIRULINA

Blend in a smoothie



4G PRO
(1/2 CUP)

QUINOA

Add to soups and stews



6G PRO
(1/2 CUP)

OATS

Mix in with yogurt