



VEGAN PROTEIN SOURCES



NUTRABOX

NUTRITIONAL INFO PER 100 GRAM OF SERVING



LENTILS (cooked)

Carbs 20g
Fat 0.4g
Protein 9g
Calories 116kcal



HEMP SEEDS

Carbs 8g
Fat 31.4g
Protein 31.6g
Calories 518kcal



BEANS (cooked)

Carbs 22.8g
Fat 0.5g
Protein 8.7g
Calories 127kcal



PUMPKIN SEEDS

Carbs 14.71g
Fat 49.05g
Protein 30.24g
Calories 574kcal



PEAS

Carbs 14.5g
Fat 0.4g
Protein 5.4g
Calories 81kcal



FLAX SEEDS

Carbs 28.3g
Fat 42.2g
Protein 18.3g
Calories 534kcal



ALMONDS

Carbs 21.7g
Fat 49.9g
Protein 21.2g
Calories 579kcal



TOFU

Carbs 3g
Fat 9g
Protein 17g
Calories 76kcal



CASHEWS

Carbs 30.4g
Fat 43.84g
Protein 15.93g
Calories 533kcal



TEMPEH

Carbs 15g
Fat 10g
Protein 16g
Calories 160kcal



CHIA SEEDS

Carbs 30.1g
Fat 30.9g
Protein 16.5g
Calories 469kcal



QUINOA

Carbs 64.4g
Fat 6.4g
Protein 14.8g
Calories 368kcal



BUCKWHEAT

Carbs 71.5g
 Fat 3.4g
 Protein 13.2g
 Calories 343kcal



NUTRABOX[®]



AMARANTH

Carbs 64g
 Fat 7g
 Protein 13.5g
 Calories 368kcal



BROCCOLI

Carbs 6.6g
 Fat 0.3g
 Protein 3.4g
 Calories 34kcal



SEITAN

Carbs 4g
 Fat 0.5g
 Protein 21g
 Calories 104kcal



BRUSSELS SPROUTS

Carbs 8g
 Fat 0.4g
 Protein 3.3g
 Calories 38kcal



VEGAN MILK

Carbs 5-15g
 Fat 2-5g
 Protein 1-8g
 Calories 30-80kcal



SPINACH (uncooked)

Carbs 3.2g
 Fat 0.3g
 Protein 2.8g
 Calories 23kcal



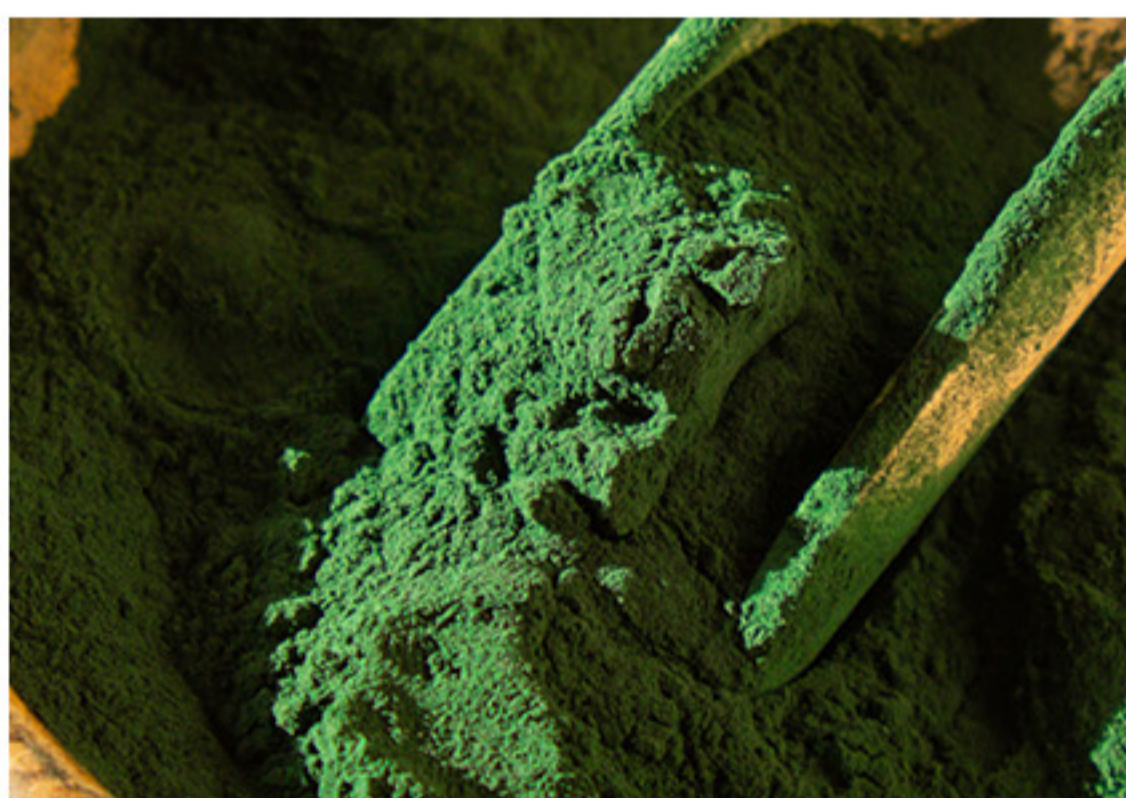
YOGURT

Carbs 10-20g
 Fat 2-10g
 Protein 3-10g
 Calories 80-150kcal



NUTRABOX VEGAN PROTEIN

Carbs 9.1g
 Fat 1.5g
 Protein 75.75g
 Calories 353kcal



SPIRULINA

Carbs 24g
 Fat 7g
 Protein 60g
 Calories 290kcal

Should not be consumed more than 1-2 teaspoons because of its concentrated nutrient profile

JOIN THE #NBPROTEINQUEST PLEDGE

Join us in the Pursuit of Protein.

Challenge yourself to fulfill your daily source of protein the right way and share your journey with us with the tag #NBProteinQuest.

Don't forget to tag us!



@nutraboxindia

[CLICK TO VISIT THE WEBSITE](#)

[DOWNLOAD NUTRABOX APP](#)