



NUTRABOX

VEGETARIAN PROTEIN SOURCES

NUTRITIONAL INFO PER 100 GRAM OF SERVING



CHEESE

Carbs 2.3g
Fat 33.1g
Protein 25g
Calories 402kcal



GREEK YOGURT

Carbs 4g
Fat 5g
Protein 10g
Calories 130kcal



MILK

Carbs 4.8g
Fat 4.8g
Protein 3.2g
Calories 67kcal



PANEER

Carbs 3.5g
Fat 20.8g
Protein 25g
Calories 297kcal



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



CHIA SEEDS

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



BUCKWHEAT

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



AMARANTH

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



SEITAN

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



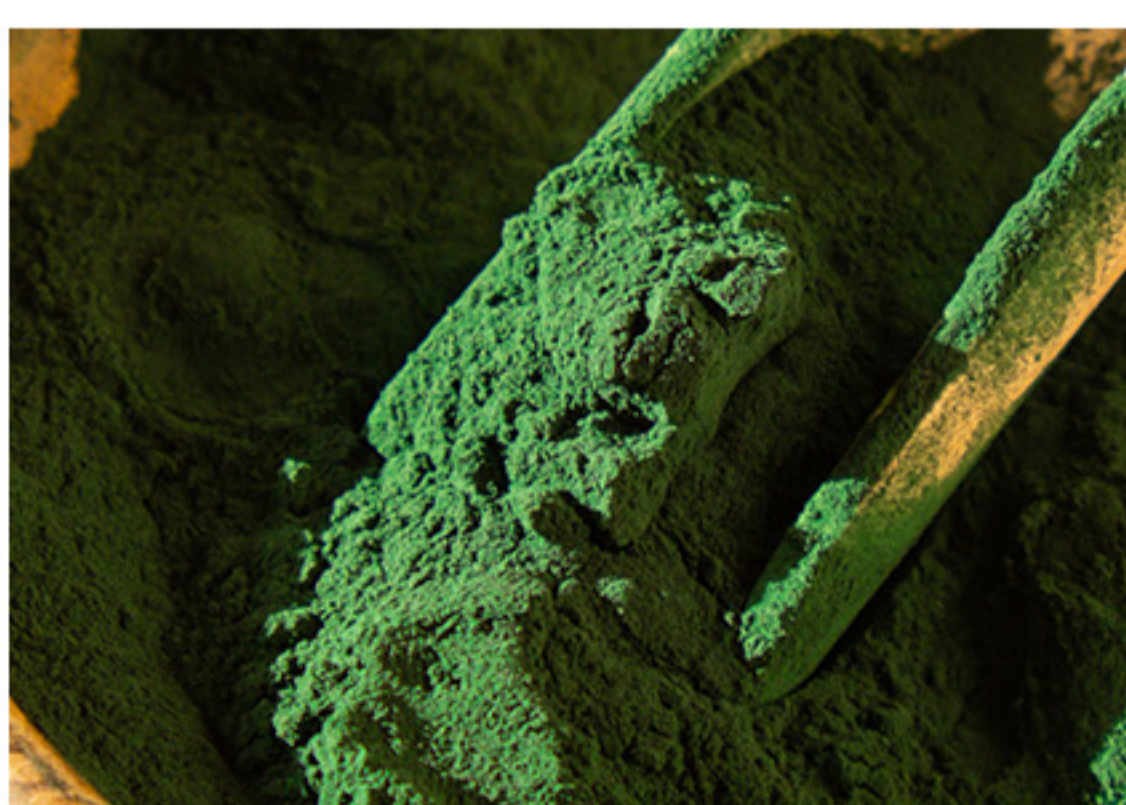
VEGAN MILK

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



YOGURT

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



SPIRULINA

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

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



CASHEWS

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



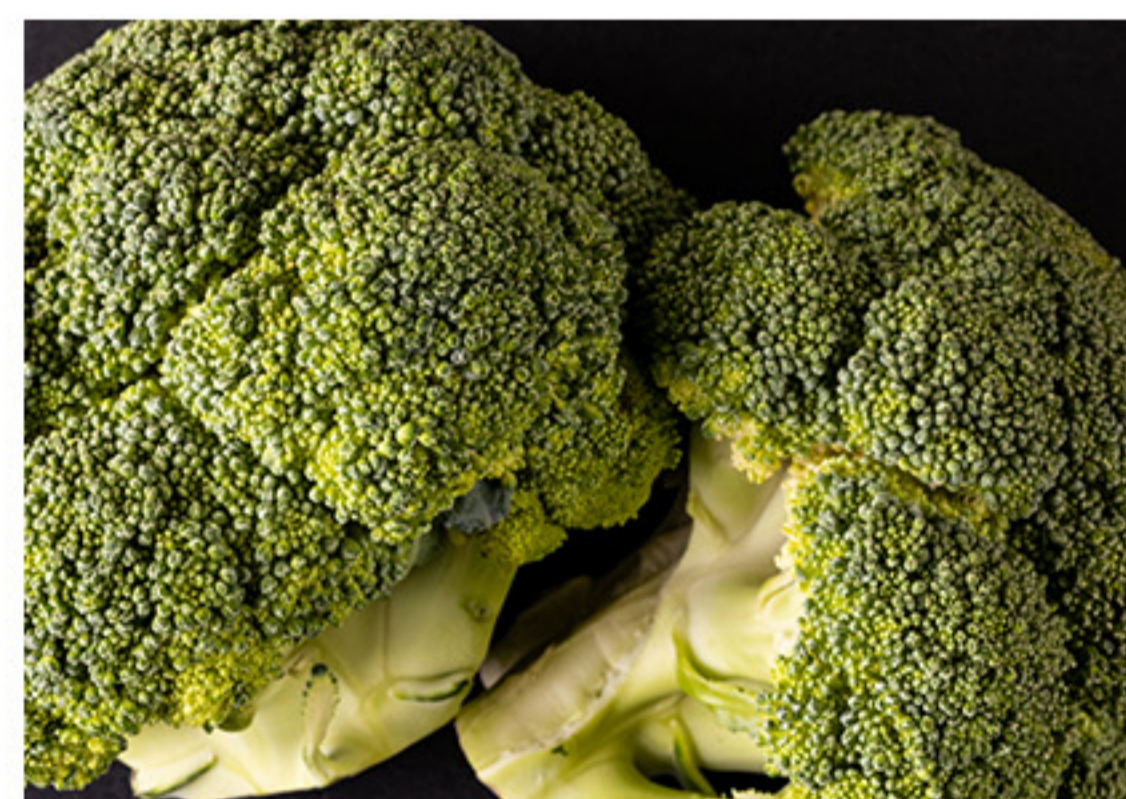
TEMPEH

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



QUINOA

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



BROCCOLI

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



BRUSSELS SPROUTS

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



SPINACH (cooked)

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

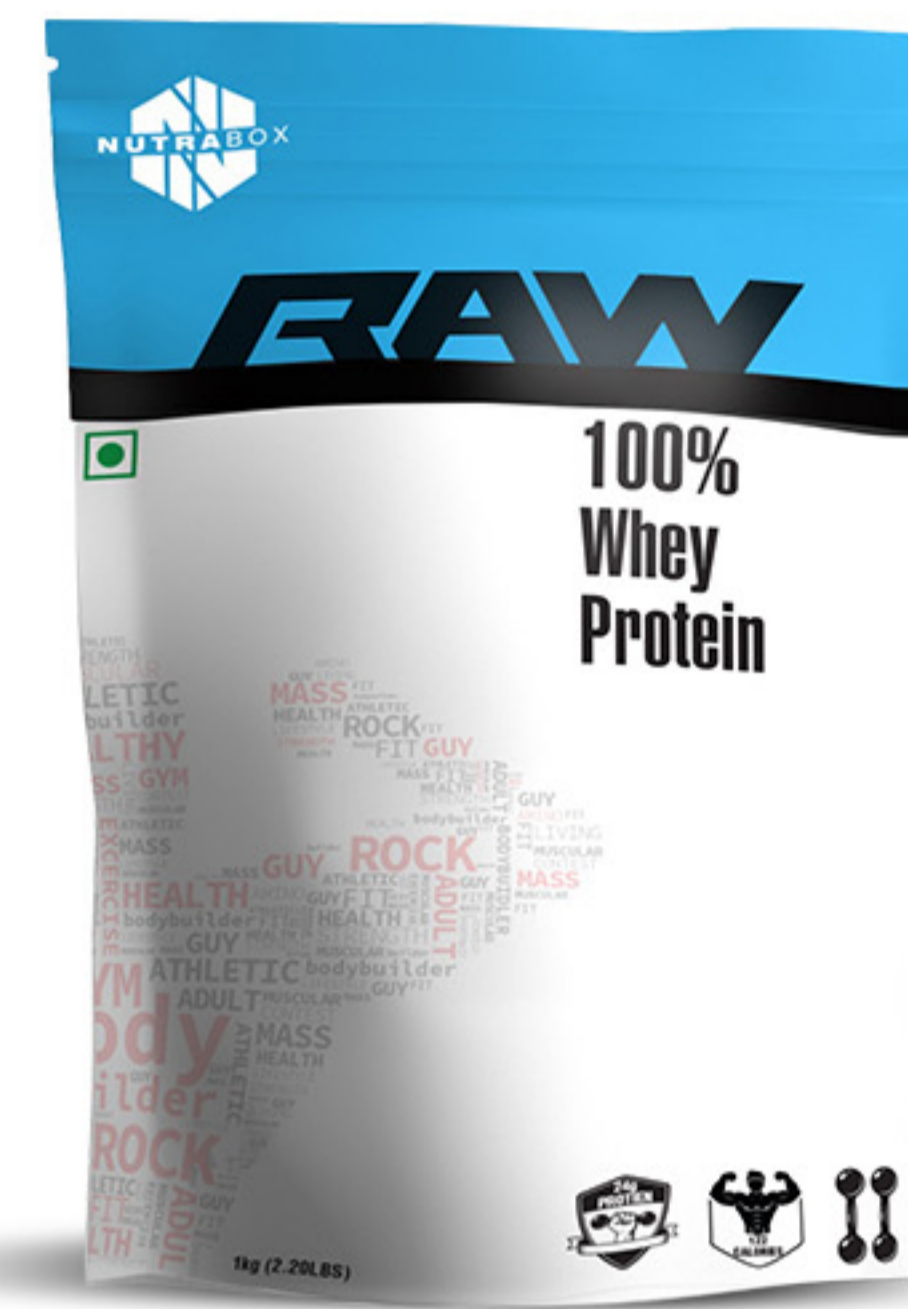


NUTRABOX®



NUTRABOX 100% WHEY PROTEIN

Carbs 12.12g
Fat 4.54g
Protein 72.72g
Calories 380.22kcal



NUTRABOX RAW WHEY PROTEIN

Carbs 7g
Fat 6.5g
Protein 80g
Calories 407kcal



NUTRABOX CASEIN PROTEIN

Carbs 10g
Fat 2g
Protein 77.14g
Calories 366.5kcal



NUTRABOX RAW WHEY ISOLATE

Carbs 2.5g
Fat 1g
Protein 90g
Calories 379kcal



NUTRABOX RIPPED WHEY ISOLATE

Carbs 10.6g
Fat 3.64g
Protein 81.82g
Calories 402.4kcal

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](#)