


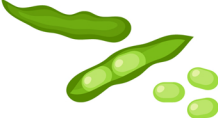









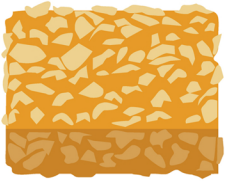




Plant-based Protein Sources

It's easy to find plant-based sources of protein at the grocery store. Just look at all these options! These foods also tend to be high in fiber, vitamins, minerals and other important nutrients.

 <p>Beans and legumes</p>	 <p>Broccoli</p>	 <p>Chickpeas</p>	 <p>Edamame</p>
 <p>Lentils</p>	 <p>Nut butter</p>	 <p>Nuts and seeds</p>	 <p>Oats</p>
 <p>Peas</p>	 <p>Quinoa</p>	 <p>Sorghum</p>	 <p>Soymilk</p>
 <p>Spinach</p>	 <p>Tempeh</p>	 <p>Tofu</p>	 <p>Veggie patties</p>



GastroDoxs
—defenders of the digestive system—