By clicking on the specific plant-based protein below, you will be directed to a website with more information regarding the nutritional benefits and nutrition facts panel.

**Nuts & Seeds:**
- Almonds
- Walnuts
- Pecans
- Cashews
- Peanuts
- Pistachio Nuts
- Flaxseed
- Sunflower Seeds
- Chia Seeds
- Sesame Seeds
- Pumpkin Seeds
- Quinoa

**Legumes:**
- Adzuki Beans
- Black Beans
- Black Eyed Peas
- Broad Beans (aka Fava Beans)
- Lentils
- Garbanzo Beans
- Kidney Beans
- Mung Beans
- Soy Beans
- Navy Beans
- Edamame
- Split Peas