

# WORKOUT WITH TY

## *Best Plant based protein foods*

1. Tofu, Tempeh and Edamame

2. Lentils

3. Chickpeas

4. Nuts, almonds, brazils and  
walnuts

5. Seitan

6. Mycoprotein

7. Chia seed and hemp seed

8. Vegetables like broccoli, spinach,  
artichokes and brussel sprouts

9. Green peas