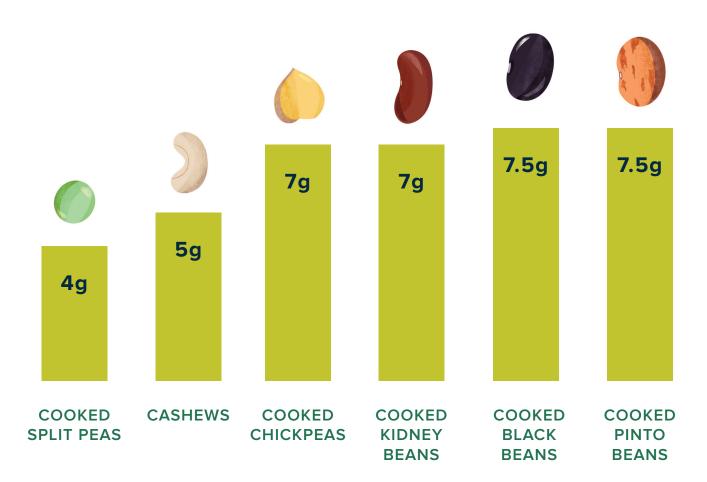
## PLANTS PROVIDE PLENTIFUL

## Are you getting 50g of protein each day?

Nuts, seeds, and legumes can help meet your needs in a satisfying and tasty way.

## PROTEIN

## **Protein Per Serving**\*







Power your day with plant protein.

BROUGHT TO YOU BY





\*Legumes = 1/2 cup, Nuts = 1/4 cup