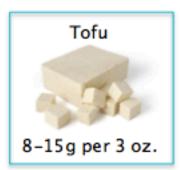
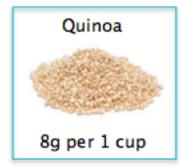
Can I get enough protein without eating meat?

Yes!

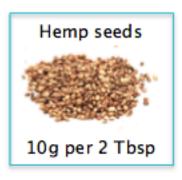












These are just some plant foods with protein. By eating **combinations** of plant-based proteins each day, you can easily meet all of your protein needs and get all of the **essential amino acids** (protein building blocks) you need to stay healthy.

Women need about 46g protein per day. Men need about 56g of protein per day.