

## 50 SOURCES OF PLANT BASED PROTEIN

*No Meat Necessary*

**LEGUMES** ~ **Tempeh**: 1 cup cooked = 31g

**Lentils**: 1 cup cooked = 18g

**Edamame** or **Adzuki Beans**: 1 cup cooked = 17g

**Navy Beans** or **Kidney Beans** or **Pinto Beans** or **Chickpeas** or **Lima Beans** or **Green Peas**: 1 cup cooked = 15g

**Black-eyed Peas**: 1 cup cooked = 13g

**Tofu**: 4 ounces firm = 11g

**NUTS** ~ **Peanuts**: ¼ cup = 9g

**Almonds**: ¼ cup = 8g

**Cashews** or **Brazil Nuts**: ¼ cup = 5g

**GRAINS** ~ **Seitan**: 3 ounces = 21g

**Buckwheat**: 1 cup = 21g

**Bulgur**: 1 cup = 13g

**Wheat Germ**: 1 cup = 12g

**Amaranth**: 1 cup cooked = 9g

**Quinoa**: 1 cup cooked = 8g

**Oatmeal** or **Millet**: 1 cup cooked = 6g

**Barley**: 1 cup cooked = 4g

**Brown Rice**: 1 cup cooked = 5g

**SEEDS** ~ **Hemp Seeds**: 3 tablespoons = 11g

**Pumpkin Seeds**: ¼ cup roasted = 8g

**Chia Seeds**: 2 tablespoons = 6g

**Flax Seeds**: 1 tablespoon = 2g

**VEGETABLES** ~ **Spinach** or **Corn**: 1 cup cooked = 5g

**Collard Greens** or **Broccoli** or **Mushrooms** or **Brussels**

**Sprouts** or **Artichoke**: 1 cup cooked = 4g

**Asparagus** or **Potato**: 1 cup cooked = 3g

**Kale**: 1 cup cooked = 2g

**SPREADS** ~ **Tahini**: 3 tablespoons = 8g

**Peanut Butter**: 2 tablespoons = 8g

**Cashew Butter**: 2 tablespoons = 6g

**Almond Butter**: 2 tablespoons = 7g

**Hummus**: 3 tablespoons = 4g

**OTHER** ~ **Nutritional Yeast**: 3 tablespoons = 12g

**Spirulina**: 2 tablespoons = 8g

**Goji Berries**: ¼ cup cooked = 4g

**Chlorella**: 2 tablespoons = 2g

Source: <http://nutritiondata.self.com>



## Why Choose Hemp?

1. Hemp is a great source of PROTEIN!

2. Hemp aids in the production of vital enzymes!

3. Approximately 2/3 of HEMP protein is made up of Edestin aiding in DNA REPAIR!

4. The other 1/3 is ALBUMIN, a protein found in EGG WHITES!

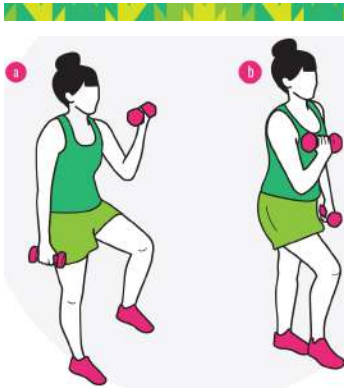
5. Aids in REPAIR and growth of LEAN body mass.

6. Hemp adds an "optimal balance" of essential fatty acids in your diet. which HELP to prevent heart disease, Diabetes, and Dementia!

7. Hemp seeds are non-GMO!



IF YOU CHANGE NOTHING, NOTHING WILL CHANGE



**Stair Climb with Bicep Curl**  
**Exercise:** Stand at the bottom of a flight of stairs, holding a 5-8lb. dumbbell in each hand. Climb the stairs while performing bicep curls. Walk or run down the stairs while holding the weights, but don't do curls. Repeat five to 10 times. Increase the dumbbell weight as your arms get stronger, and mix up your climbs by taking two steps at a time for a flight or two.

## HEMP SEED TABBOULEH - Serves 6

In this updated version of tabbouleh, traditional bulgur has been replaced with raw, shelled hemp seeds that are tossed with fresh parsley, mint and garlic.

### Ingredients:

- \* 1 1/2 cup shelled hemp seeds
- \* 1/4 cup lemon juice
- \* 1/2 tsp. fine sea salt
- \* 2 green onions, finely chopped
- \* 1 clove garlic, finely chopped
- \* 2 cups packed flat-leaf parsley, finely chopped
- \* 1 cup packed fresh mint leaves, finely chopped
- \* 1 tbsp. extra-virgin olive oil

### Method:

In a large bowl, toss together hemp seeds, lemon juice and salt. Add green onions, garlic, parsley, mint and oil and toss to combine. Serve immediately, or refrigerate in an airtight container until ready to serve or up to 5 days.

**Nutritional Info: Per Serving:** 210 calories, 14g total fat, 2.5g saturated fat, 200mg sodium, 8g carbohydrates, 11g protein  
**Source:** <http://clika.pe/649/1017/>



## Eat your Water

We've all heard the saying before: You should drink 8 glasses of water a day. Some doctors even recommend more than that depending on your lifestyle, body size, and general health. A lot of people struggle with this. Staying hydrated isn't as hard as it sounds. According to the Institute of Medicine, about 80 percent of the water you consume comes from beverages, while the remaining 20 percent actually comes from food. That's right ... along with drinking water, you can also boost your H2O consumption from the foods you eat. A lot of fresh fruits and vegetables have an extremely high water content, which helps keep the body hydrated. There's actually an added bonus to consuming hydrating foods since many are also rich in antioxidants, vitamins, electrolytes, and fiber that are great for health.

**What Causes Dehydration** - The body becomes dehydrated when it's getting rid of more fluid than it's absorbing. You probably don't even realize it, but when you breathe, sweat, urinate and pass a bowel movement, your body is getting rid of fluid. It's important to replenish that fluid. If you don't then your body won't be able to function properly. \*See the signs of dehydration below.

**Why Staying Hydrated Is So Important** - Water is essential for life. Did you know our bodies are made mostly of water? In fact, the average adult human body is about 60 percent water. Babies are comprised of about 75 percent water. In order to keep our body's systems working properly, we need to maintain a healthy balance between water and electrolytes. Staying hydrated helps to control our body's temperature, heart rate, blood pressure, and metabolism. That's not to mention, staying hydrated helps lubricate our joints and benefits our muscles.

### Signs Of Dehydration

- \* Dark urine
- \* Less urination
- \* Extreme thirst
- \* Headache
- \* Lightheadedness
- \* Constipation
- \* Delirium
- \* Dry mouth
- \* Muscle cramps
- \* Rapid heart beat
- \* Low blood pressure
- \* No tears when crying

In severe cases, dehydration can lead to delirium or unconsciousness. It may even require hospitalization and emergency treatment.

Source: <http://bembu.com/23-hydrating-foods>



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### Fruit/Vegetable: Water Content:

Cucumber	96%
Zucchini	95%
Tomato	94%
Pineapple	87%
Watermelon	92%
Celery	95%
Strawberries	92%
Iceberg Lettuce	96%
Spinach	92%
Cabbage	92-93%
Cantaloupe	90%
Radishes	95%
Peach	88%
Apricot	86%
Orange	87%
Grapefruit	91%
Bell Peppers	92%
Cranberries	87%
Cauliflower	92%
Broccoli	91%
Raspberries	87%
Blueberries	85%
Grapes	81%



### SUMMER DRINKS CAN BE DETRIMENTAL TO YOUR WAISTLINE

Watch out for sodas, sugary lemonades and iced teas, smoothies with sugar added, and alcoholic beverages (especially if the drink has a fancy name) Iced cold water or seltzer is your best choice but feel free to squeeze in some fresh lemons, limes, cucumber, mint or berries for a refreshing drink.

BEVERAGE (1 serving)	CALORIES
<b>ALCOHOLIC</b>	
Beer (regular)	146
Beer (light)	99
All Distilled Spirits (Rum, Vodka, Whiskey, Gin, Tequila, Bourbon, etc.)	97
Red Wine	125
White Wine	120
<b>NON-ALCOHOLIC</b>	
Apple Juice (Unsweetened)	117
Apricot Juice	140
Carbonated Cola	155
Grape Juice (Unsweetened)	94
Lemonade	131
Milk (2% fat)	122
Orange Juice (Unsweetened)	112
Tomato Juice	41



## SOOTHING SUMMER FACE MIST

### Materials:

- ❖ 1/4 cup distilled water
- ❖ 1 tablespoon aloe vera gel
- ❖ 1 teaspoon witch hazel
- ❖ 1 teaspoon coconut oil
- ❖ 4 drops frankincense essential oil
- ❖ 2 drops tea tree oil essential oil (Melaluca)
- ❖ 4 oz glass spray bottle w/ fine mist sprayer

### Directions:

1. Pour water into bottle. Use a funnel if needed or you can grab your small glass measuring cup with a pouring lip to make the job easier and less messy.
2. Melt coconut oil and pour in. You could also use fractionated coconut oil so it stays liquified.
3. Add aloe vera gel, witch hazel, frankincense, and tea tree essential oils.
4. Shake well to combine all ingredients thoroughly.
5. Every time you use your soothing face mist shake bottle well first.

**Use as a refresher when playing sports, laying on the beach, working in your garden, or even on a long late night flight.**

