

Great source of protein.

Protein is great for building muscle and it benefits your hair and nails too. But while meats are a great source of protein, research suggests that replacing red meat with plants protein to help you live longer

beans and lentils can be a start. They're rich in plant protein plus fiber B vitamins iron and folate. Most beans are also low in fat plant-based. Sources of protein, also include nuts and seeds. Try stocking up on almonds, pistachios cashews and walnuts whole grains like oats buckwheat and brown rice are also good sources of protein. And you might assume that all fruits and vegetables contain less protein than other plant-based foods. But protein accounts for about a third of the calories in Brussels sprouts, broccoli, asparagus, and