#### Meat and Beans A serving size = 1 ounce

1/4 cup (2 oz) tofu, 1 oz cooked tempeh, 1/4 cup roasted soybeans, 1 falafel patty (4 oz = 1 oz equivalent), 1 soy or bean burger = 2 oz equivalent

1/2 oz nuts (12 almonds, 24 pistachios, 7 walnut halves)
1/2 oz seeds (pumpkin, sunflower, pumpkin seeds)
1 Tbsp peanut butter or almond butter

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2 tbsp hummus
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