

Find Your Perfect Vegetarian Protein!

Take this quick quiz to discover which vegetarian protein sources fit your lifestyle best! Answer the questions below and check your results at the end.

1) How much time do you spend cooking?

- A) None - I need quick, no-cook options.
- B) 10-20 minutes max.
- C) I love experimenting in the kitchen!

2) What's your texture preference?

- A) Crunchy (Nuts, seeds)
- B) Chewy (Tempeh, seitan)
- C) Creamy (Tofu, legumes)

3) What's your top priority in food?

- A) Convenience
- B) High protein for fitness
- C) Balanced nutrition

Your Results:

If you answered mostly A's: Quick & Easy Proteins

- Best picks: Nuts, seeds, yogurt, protein bars.
- Try: A smoothie with almond butter and chia seeds.

If you answered mostly B's: High-Protein Power Foods

- Best picks: Lentils, tofu, tempeh, seitan.
- Try: A tempeh stir-fry with quinoa and veggies.

If you answered mostly C's: Balanced & Nutrient-Dense Choices

- Best picks: Legumes, quinoa, hemp seeds, spirulina.
- Try: A lentil and quinoa salad with tahini dressing.

Enjoy exploring your perfect vegetarian protein sources!