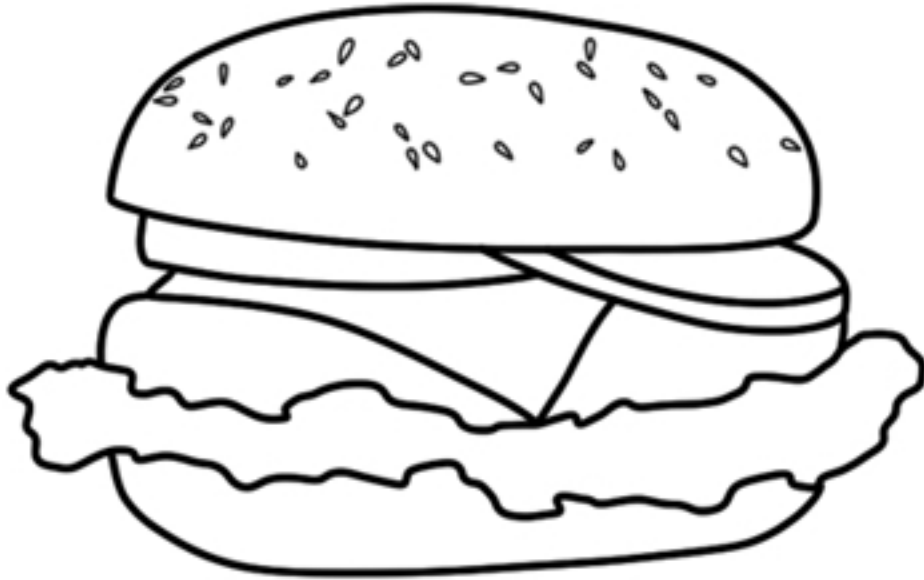


Protein for Vegetarians

Protein is an important part of everyone's diet - it provides energy for your body to function. While meat is a great source of protein, there are many other sources of protein for vegetarians and vegans!

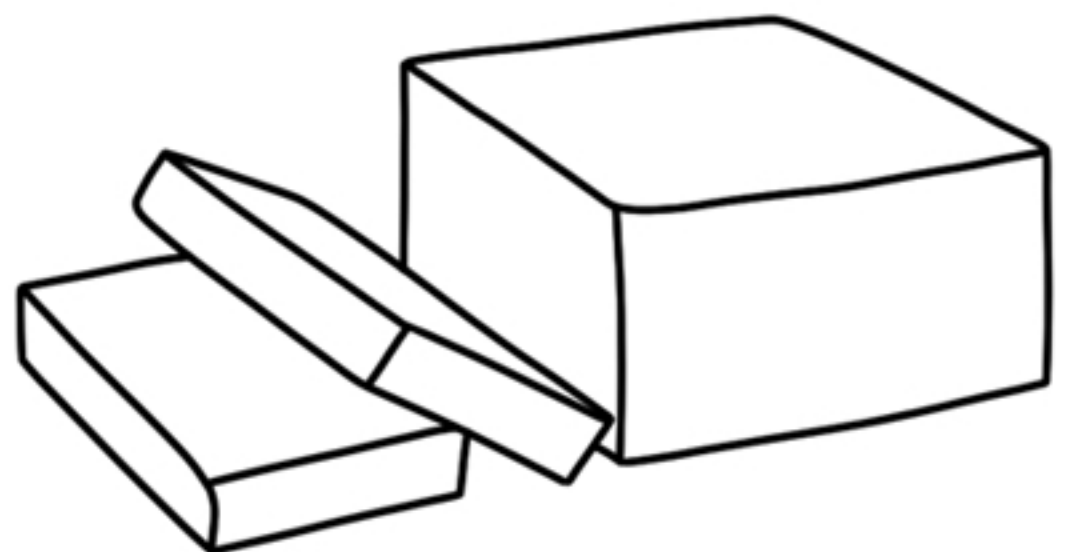
Bean or lentil burgers



Beans



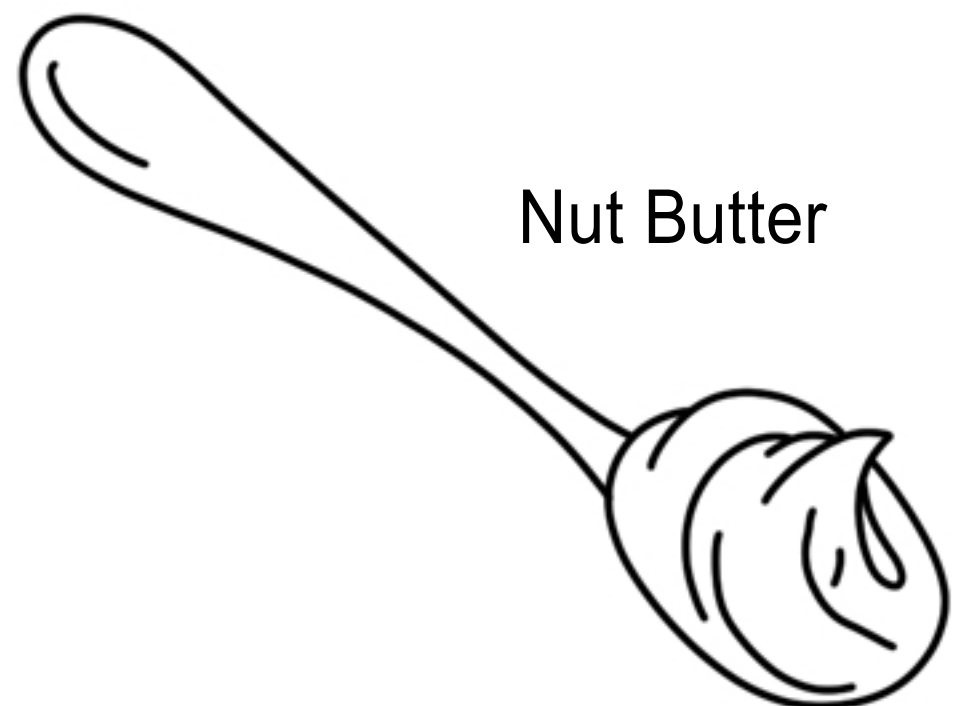
Broccoli and other green veggies



Tofu or other soy products



Eggs (some vegetarians choose to eat eggs while others do not)



Nut Butter