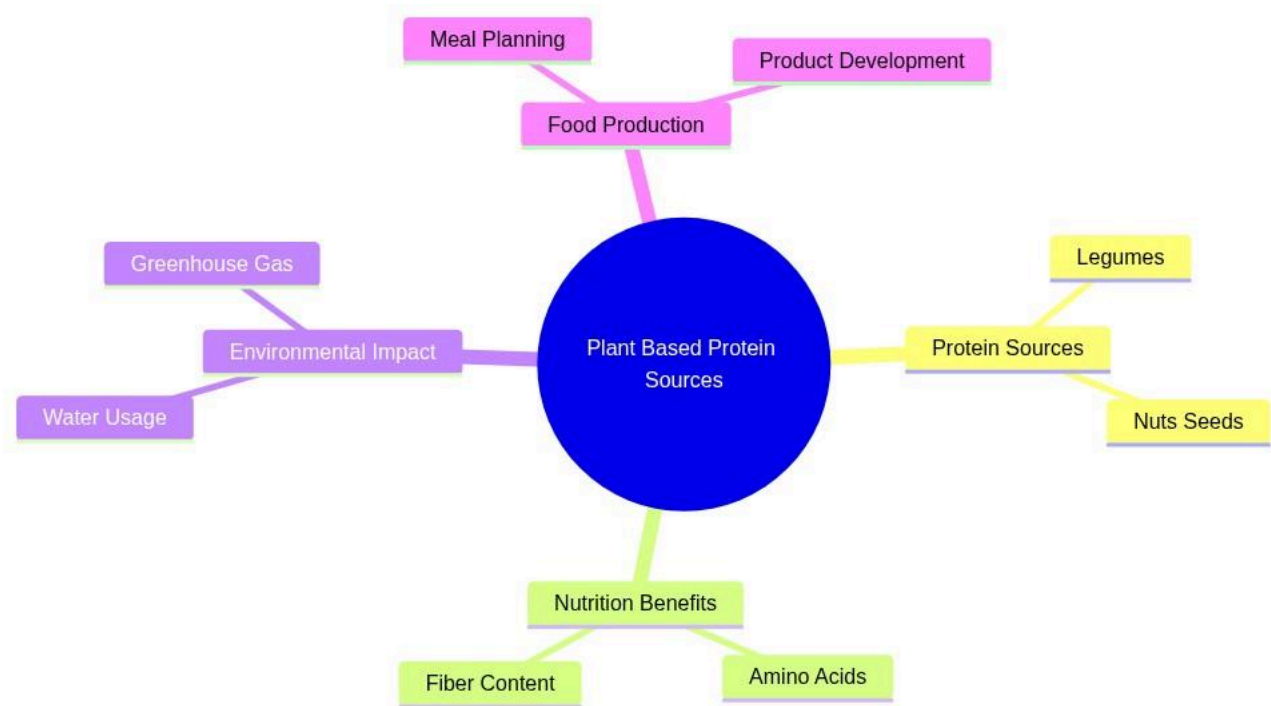


Plant-Based Nutrition

Plant-Based Protein Sources



mindmap

root((Plant Based Protein Sources))

Protein Sources

Legumes

Nuts Seeds

Nutrition Benefits

Amino Acids

Fiber Content

Environmental Impact

Water Usage

Greenhouse Gas

Food Production

Meal Planning

Product Development