



Sources of protein: green-leafy vegetables (arugula, spinach, parsley, collard greens, kale, cabbage), spirulina, chlorella, hemp seeds, hemp protein, pumpkin seed protein powder, hazelnut protein powder, durian, olives, chia seeds, brazil nut protein powder, super green powders (Healthforce makes a great one), dried nori, pine nuts, maca, nuts & seeds, sprouted buckwheat, sprouted quinoa, and sprouted amaranth.



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Protein A Beauty Building Block - Vegan Style



What does protein do and, more importantly, what can protein do to boost your beauty? Firstly, protein helps to build and repair cells. It's also a building block for collagen, which helps strengthen the skin and keep its elasticity. Voila, fewer wrinkles! Protein also helps boost your immune system and keep those hormones running. Muscles, hair, nails, eyes, and skin are all made of protein. That means that if you skimp on the protein, you may start to lose hair or start getting wrinkly skin at an early age.

