

Plant Sources of Protein



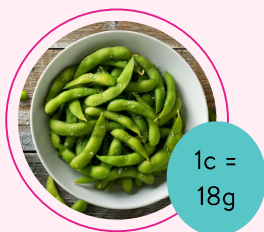
1c =
24g

Tofu



1c =
34g

Tempeh



1c =
18g

Edamame



1c =
35g

Textured Vegetable Protein (TVP)



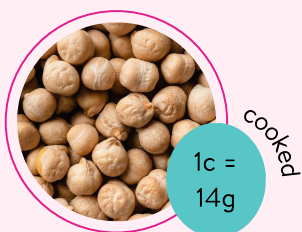
1c =
7g

Soy milk



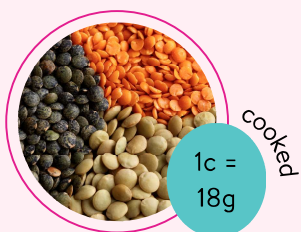
1c =
~15g

Beans (Black, Pinto, Kidney)



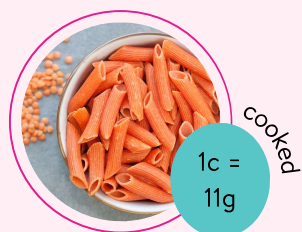
1c =
14g

Chickpeas



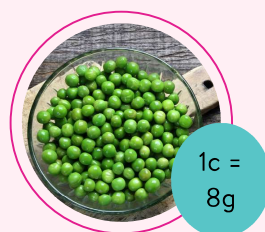
1c =
18g

Lentils (Brown, Black, Green, Red)



1c =
11g

Lentil or Bean Pasta



1c =
8g

Green Peas



1c =
15g

Nutritional Yeast



1c =
14g

Seitan



1/4c =
4-9g

Nuts (Any)



2T =
6g

Nut Butter



2T =
5g

Seed Butter



3T =
9g

Chia Seeds



3T =
6g

Flax Seeds



3T =
10g

Hemp Hearts



3T =
9g

Pumpkin Seeds



2T =
5g

Sunflower Seeds



1/2c =
12g

Quinoa



1/2c =
13g

Amaranth



1/2c =
5g

Oats



1/2c =
6g

Brown Rice



+

& More!

Animal Sources of Protein

poultry



3oz =
28g

**Chicken (Skinless,
White Meat)**



3oz =
25g

**Turkey (Skinless,
White Meat)**



1 = 6g

Eggs

dairy



1c =
8g

Milk (Nonfat)



1c =
11g

Yogurt



3/4c
= 18g

Greek Yogurt



1/2c =
14g

**Cottage Cheese
(Low Fat or Nonfat)**



1oz =
7g

Cheese (Part Skim)

fish



3oz =
22g

Salmon



3oz =
22g

Tuna



3oz =
20g

Trout



3oz =
20g

Mackerel



3oz =
19g

Cod

seafood



3oz =
14g

Crab



3oz =
20g

Shrimp



+

& More!