

Protein Sources

Beans/Legumes – ½ cup

Kidney beans	8 g	Chickpeas	7 g
Adzuki beans	9 g	Pinto beans	6 g
Lentils	9 g	Edamame	9 g
Peas (green)	4 g	Black beans	8 g

Dairy & Soy Products

Cottage cheese, ½ cup	15 g	Cheese, 25 grams	6 g
Yogurt Greek, 100 g	5 g	Goat cheese (100g)	18 g
Milk, 1 cup (250mls)	8 g	1 egg	6 g
Tofu 100g	14 g		

Grains & Grain Products (100 gm)

Quinoa	13 g	Brown Rice	2.6 g
Amaranth (cooked)	3.8 g	Buckwheat	13 g
Millet	11 g	Oats	17 g

Meats, Seafood, & Poultry (100 gm)

Chicken breast	29 g	Lamb	25 g
Beef	26 g	Turkey Breast	17 g
Fish	21 g	Duck	18 g
Canned mackerel	23 g	Veal	29 g
Canned tuna	23 g	Pork	27g

Nuts & Seeds

Tahini 1 tbs	2.6g	Almonds 30 g	6 g
Pumpkin seeds 25g	6 g	Cashews 30g	5 g
Sunflower seeds	5 g	Walnuts 30 g	4 g
Chia seeds 15g	3 g	Flax seeds 1 tbs	1.3 g

Vegetable sources (100gm)

Avocado	2 g	Sweet potato	1.6 g
1 cup Broccoli	2.8 g	Asparagus	2.2 g
1 cup Spinach	2.9g	Mushroom	3.1 g