

PROTEIN RICH FOODS

*Protein content per 100 grams

 SPIRULINA (dried) 57 g	 SHRIMP (cooked) 24 g	 EGGS (hard-boiled) 13 g	 EDAMAME (cooked) 12 g
 HEMP SEEDS 31 g	 HALIBUT (cooked) 23 g	 BISON (cooked) 28 g	 PISTACHIOS 29 g
 ALMONDS 21 g	 LEAN BEEF (cooked, 95% lean) 28 g	 VENISON (cooked) 26 g	 CASHEWS 18 g
 PUMPKIN SEEDS 30 g	 COD (cooked) 20 g	 GREEK YOGURT (plain, non-fat) 10 g	 SUNFLOWER SEEDS 20 g
 CHIA SEEDS 17 g	 TOFU (firm) 8 g	 LAMB CHOPS 20.4 g	 WALNUTS 15 g
 SEITAN (wheat gluten) 75 g	 LENTILS (cooked) 9 g	 SKIM MILK 3 g	 BRAZIL NUTS 14 g
 PEANUT BUTTER (smooth) 25 g	 CHICKPEAS (cooked) 9 g	 MACKEREL 24.6 g	 FLAXSEEDS 18 g
 TUNA (canned in water, drained) 25 g	 BLACK BEANS (cooked) 8 g	 MOZZARELLA CHEESE (part-skim) 23 g	 MACADAMIA NUTS 8 g
 CHICKEN BREAST (cooked, skinless) 31 g	 TEMPEH 19 g	 PARMESAN CHEESE 28 g	 PECANS 9 g
 TURKEY BREAST (cooked, skinless) 29 g	 QUINOA (cooked) 4 g	 CHEDDAR CHEESE (sharp) 25 g	 HAZELNUTS 15 g
 PORK TENDERLOIN (cooked) 25 g	 COTTAGE CHEESE (low-fat) 13 g	 SARDINES 20.3 g	 PEANUTS 14 g

Protein Breakfast Sight Words List Near Me

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