



Protein Sources

Food	Serving Size	Grams Protein / Serving	% of Calories as Protein
Grains and Beans			
Kidney Beans, organic canned	1/2 cup	8	32%
Lentils, green	1/2 cup dry	10	27%
Black Beans, organic canned	1/2 cup	7	25%
Pinto Beans, organic canned	1/2 cup	6	24%
Chickpeas, canned in water	1/2 cup	7	22%
Quinoa	1 cup cooked	8	15%
Brown Rice, medium grain	3/4 cup cooked	3	8%
Fish and Meat			
Cod, wild	4oz piece	20	89%
Turkey, pasture-fed	4oz	34	89%
Chicken, pasture-fed	4oz	35	75%
Salmon, wild	3oz piece	22	56%
Canned Tuna (Wild Planet)	1 - 5oz can	40	53%
Sardines, canned packed in oil	1 can	23	48%
Beef, pasture-fed	4oz	23	46%
Eggs and Dairy			
Cottage Cheese, raw, pastured	4oz	14	47%
Egg, brown, jumbo, pastured	1	8	40%
Whole Milk, raw, pastured	1 cup	8	21%
Yogurt, raw	1/2 cup	2	12%
Nuts and Seeds			
Hemp Seeds, raw, hulled	2 tablespoons	5	24%
Chia Seeds	1 tablespoon	3	20%
Pumpkin Seeds, raw	3 tablespoons	8	17%
Sunflower Seeds, raw	1/4 cup	6	16%
Flax Seeds, brown	2 tablespoons	4	16%
Almonds, raw all natural	1/4 cup	6	14%
Sesame Seeds, white, raw, hulled	1/4 cup	5	13%
Cashews, organic raw	1oz	5	13%
Walnuts, raw	1/4 cup	5	10%
Pecans, raw	1oz	3	6%
Macadamias, raw	1oz	2	4%
Vegetables			
Broccoli, organic	1 medium stalk	5	44%
Kale	1 cup chopped	3	35%
Peas, organic frozen	2/3 cup	4	25%
Spinach, organic baby	3oz	2	23%
Combinations			
Beans and Rice	small cup dry	15	27%
Lentils and Rice	2oz	6	11%