

Vegetarian Proteins

Foods highest in protein will be soy products, lentils, legumes/beans, nuts, seeds, dairy products, and eggs. Vegetables have smaller amounts of protein, but they can add up.

Carbs are listed as total carbs, but many of these foods are high-fiber.

Protein	Dairy	Carbs	Size
• 13g	Cottage cheese	• 4g	1/2 cup
• 6g	String cheese	• 1g	1 each
• 6g	Cheddar cheese	• 1g	1/4 cup shredded
• 5g+	Greek yogurt	• 7g	1/2 cup

Protein	Milks	Carbs	Size
• 8g	Pea milk	• 6g	1 cup
• 8g	Soy milk	• 9g	1 cup
• 8g	Dairy milk	• 11g	1cup

Protein	Miscellaneous	Carbs	Size
• Varies	Tempeh	Varies	----
• 17g	Seitan	• 5g	2 oz
• 11g	Edamame	• 8g	1/2 cup
• 9g	Tofu	• 3g	3 oz
• 8g	Nutritional yeast flakes	• 5g	1.5 Tbsp
• 7g	Eggs	• 0g	1 each

Protein	Beans	Carbs	Size
• 8g	Red kidney	• 24g	1/2 cup cooked
• 7g	Pinto	• 20g	1/2 cup cooked
• 7g	White	• 19g	1/2 cup cooked
• 7g	Black	• 19g	1/2 cup cooked
• 7g	Lentils (red or green)	• 17g	1 oz uncooked
• 6g	Chickpeas	• 20g	1/2 cup cooked
• 5g	Black eyed peas	• 14g	1/2 cup cooked

Vegetarian Proteins cont.

Carbs are listed as total carbs, but many of these foods are high-fiber.

<i>Protein</i>	<i>Nuts & Seeds</i>	<i>Carbs</i>	<i>Size</i>
• 10g	Hulled hemp seeds	• 1g	3 Tbsp
• 8g	Tahini	• 4g	2 Tbsp
• 8g	Pepitas	• 4g	1/4 cup
• 7g	Peanuts	• 6g	1 oz
• 7g	Peanut butter	• 6g	2 Tbsp
• 6g	Almonds	• 6g	1 oz
• 6g	Almond butter	• 5g	2 Tbsp
• 6g	Pistachios	• 8g	1 oz
• 6g	Sesame seeds	• 5g	3 Tbsp
• 5g	Cashews	• 9g	1 oz
• 4g	Walnuts	• 4g	1 oz
• 4g	Cashew butter	• 10g	2 Tbsp
• 3g	Ground flax	• 4g	2 Tbsp
• 2g	Chia seeds	• 5g	1 Tbsp
<i>Protein</i>	<i>Grains</i>	<i>Carbs</i>	<i>Size</i>
• 7g	Kamut	• 33g	1/4 cup uncooked
• 6g	Farro	• 38g	1/4 cup uncooked
• 6g	Quinoa	• 29g	1/4 cup uncooked
• 5g	Rolled oats	• 33g	1/2 cup cooked

Take care when portioning beans and grain due to their carb amounts.