

# TOP VEGETARIAN PROTEIN SOURCES



**Greek Yogurt**  
23 grams of protein  
per cup



**Lentils**  
4 grams of protein  
per 1/4 cup (cooked)



**Beans**  
(chickpeas, black  
beans, etc.) 4 grams  
of protein per 1/4 cup



**Cottage Cheese**  
14 grams of protein  
per 1/2 cup



**Hemp Seeds**  
4 grams of protein  
per 1 tablespoon



**Chia Seeds**  
3 grams of protein  
per 1 tablespoon



**Edamame**  
5 grams of protein  
per 1/4 cup (shelled)



**Green Peas**  
8 grams of  
protein per cup



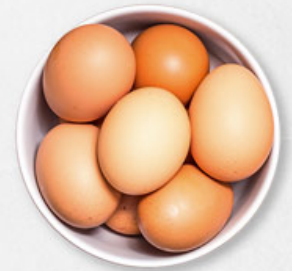
**Quinoa**  
8 grams of protein  
per cup (cooked)



**Peanut Butter**  
3.5 grams of protein  
per 1 tablespoon



**Almonds**  
3 grams per 1/2  
ounce



**Eggs**  
6 grams of protein  
per large egg