



# LMC Guide to Vegetarian Protein Sources

Remember to eat protein with every meal and snack!

*\*Beans & legumes also contain carbohydrate. If you are eating more than 1 cup, remember to count the carbohydrate as well*

## Nuts & Nut Butters



brazil nuts  
1g per ¼ cup



peanuts  
9g per ¼ cup



walnuts  
4g per ¼ cup



cashews  
5g per ¼ cup



almonds  
7g per ¼ cup



almond butter  
7g per 2 tbsp



peanut butter  
6g per 2 tbsp

## Beans & Legumes



kidney beans  
(cooked)  
15g per ¾ cup



tempeh  
14g per ¾ cup



hummus  
15g per ¾ cup



edamame  
16.5g  
per ¾ cup



green peas  
6.5g per ¾ cup



chickpeas  
(cooked)  
11g per ¾ cup



tofu  
30g per ¾ cup



lentils  
(cooked)  
13.5g per ¾ cup

## Seeds



sunflower seeds  
6g per ¼ cup



flax seeds  
2g per 1 tbsp



hemp seeds  
4g per 1 tbsp



tahini  
5g per 2 tbsp



chia seeds  
2.5g per 1 tbsp

## Other Sources



nutritional yeast  
6g per ¼ cup



seitan  
21g per 3oz



spirulina  
5g per 1 tbsp

## Dairy and Eggs



ricotta cheese  
4.5g per 1.5oz



goat cheese  
7.5g per 1.5oz



cheddar  
9.5g per 1.5oz



mozzarella  
8.5g per 1.5oz



feta cheese  
5.5g per 1.5oz



gouda  
10g per 1.5oz



Swiss cheese  
5g per 1 slice



processed cheese  
cheddar or mozzarella  
3.5g per 1 slice



cottage cheese  
5g per 1.5oz



provolone  
7g per 1 slice



eggs  
12g per 2 large



soy milk  
8g per 1 cup



milk  
8g per 1 cup



Greek yogurt (plain)  
16.5g per ¾ cup

## Vegetarian Recipe Websites

Fat Free Vegan - <http://blog.fatfreevegan.com/>

Oh She Glows - <http://ohsheglows.com/>

Dietitian Debbie Dishes - <http://dietitiandebbie.com/>

Abby's Kitchen - <https://www.abbeyskitchen.com/category/recipes/>

(This site has both vegetarian and meat-based recipes)

The Foodie Dietitian - <https://karalydon.com/recipes/>

Delish Knowledge - <https://www.delishknowledge.com/recipes/>