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
(cooled)
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
(cooled)
11g per ¾ cup

tofu
30g per ¾ cup

lentils
(cooled)
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

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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/

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