WHAT FOODS HAVE PROTEIN?

FOOD	SERVING SIZE	PROTEIN	CALORIES
Chicken breast	4 ounces	28g	170
Turkey breast	4 ounces	28g	170
Ground beef/turkey	4 ounces	28g	170
Deli ham	2 ounces	9g	60
Canned tuna	5 ounce can	24g	120
Large egg	1 egg	7g	70
Milk, 2%	1 cup (8 ounces)	8g	130
Greek yogurt	3/4 cup	17g	100
Block cheddar	1 ounce	7g	100
Cottage cheese	3/4 cup	18g	100
Soy milk	1 cup	7g	110
Edamame	1/2 cup	8g	90
Tofu	4 ounces	12g	120
Lentils	1 cup cooked	18g	200
Black beans	1 cup cooked	16g	200
Peanut butter	2 tablespoons	7g	180
Peanuts	1/4 cup	7g	160
Almonds	1/4 cup	7g	200
Quinoa	1/2 cup cooked	6g	170
Brown rice	1/2 cup cooked	3g	150
Rolled oats	1/2 cup uncooked	5g	150
Seitan	1 cup	21g	120
Chia seeds	2 tablespoons	5g	140
Hummus	1/3 cup	5g	130
Sunflower kernels	1/4 cup	5g	160

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