



Protein Sources for a Vegetarian Diet



Food	Grams of Protein	Calories
1/2 c wild rice	3	83
Seeds: (pumpkin 1T), sesame, sunflower	3	56
1/2 cup peas	4	70
1/2 c quinoa	4	111
1/2 c. amaranth	4	125
2 T Almond Butter	5	153
1/2 c. oats: rolled	5	150
1 oz. tempeh	5	56
Eggs	6	70
1/4c egg whites	6	30
2 T Peanut Butter	7	190
1 oz nuts	7	180
2 oz. whole wheat pasta	7	200
1 oz. Mozzarella cheese	7	80
8oz mushrooms	8	50
1/2 cup tofu	10	88
8 oz plain yogurt	11	100
8 oz kefir	11	110
2 oz. garbanzo bean pasta	14	190
1 c Edamame	16	200