

# VEGETARIAN PROTEIN CHEAT SHEET

## NUTS & SEEDS

- Pistachio [20g]
- Walnuts [15g]
- Almonds [21.15g]
- Cashews [18g]
- Chia Seeds [17g]



## VEGETABLES

- Brussels Sprouts [3.4g]
- Asparagus [2.2g]
- Broccoli [2.8g]
- Watercress [2.3g]
- Alfalfa [4g]
- Spinach [2.9g]



## OTHER SOURCES

- Eggs [13g]
- Tofu [8g]
- Mycoprotein Pieces (quorn) [13.8g]
- Mycoprotein Mince (quorn) [13g]
- Nutritional Yeast [50.7g]



## BEANS/LEGUMES & PULSES

- Edamame [11g]
- Chick Peas [19g]
- Cannellini [7.1g]
- Lentils [9g]
- Pinto Beans [21g]
- Mung Beans [24g]
- Lima Beans [8g]
- Peas [5g]
- Peanuts [26g]
- Soy Beans [12.35g]

## PASTA / GRAINS

- Quinoa [4.4g]
- Wild Rice [15g]

## PROTEIN POWDERS

- Pea Protein Powders  
[50g to 86g depending on brand quality]

## DAIRY

- Paneer [23g]
- Cottage Cheese [11g]
- Halloumi [22g]
- Cheddar [25g]

Measurements: Protein per 100g