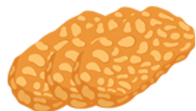


20 FOODS WITH TONS OF PROTEIN

Beans and legumes



100 Grams Cooked Tempeh
18.19 Grams



1 cup canned Black Beans
14.47 Grams



100 Grams Fried Tofu
27.05 Grams



1 Cup Boiled Lentils
17.86 Grams



1/2 Cup Dry-Roasted Soybeans
18.4 Grams

Nuts and Seeds



1/2 Cup Walnuts
8.91 grams



1 Cup Pumpkin Seeds
9.41 grams



1/2 Cup Pistachios
12.89 grams



2 TBSP. Peanut butter
7.11 grams

Seafood



3 OZ. Shrimp
11.57 grams



3 OZ. Salmon
16.86 Grams



3 OZ. COD
15.14 grams

Eggs and Dairy



1 cup 1 percent Milk
8.53 Grams



100 grams Nonfat Greek Yogurt
10.19 grams



1 whole Large Egg
6.28 grams



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defenders of the digestive system

20 FOODS WITH TONS OF PROTEIN

Meats



1 Lean Burger Patty
22.29 grams



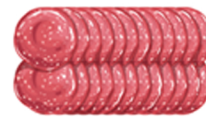
1 OZ. beef jerky
9.41 grams



4 OZ. Ground Turkey
22.44 grams



3 OZ. Rotisserie Chicken
20.37 grams



1 Cup Deli Ham
27.05 grams



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