# **High Protein Foods List**

Calories and protein for high protein food!

| **Protein Rich Foods** | **Grams of Protein** | **Calories** | **Measurement** | **Typical Serving** |
| --- | --- | --- | --- | --- |
| Almond Butter | 21 grams | 614 | 100 grams | 2 tablespoons= 7 grams of protein |
| Almonds | 21 grams | 579 | 100grams | 1 ouce=6 grams of protein |
| Beans(cooked) | 8.7 grams | 127 | 100 grams | 1/2 cup= 7 grams of protein |
| Beef, ground (cooked 95% lean) | 27 grams | 174 | 100 grams | 3 ounces= 23 grams of protein |
| Beef, steak(sirloin) | 27 grams | 244 | 100 grams | 3 ounces= 23 grams of protein |
| Chia seeds | 17 grams | 486 | 100 grams | 1 ounce= 4.7 grams of protein |
| Chicken Breast | 31 grams | 165 | 100 grams | 4 ounces= 36 grams of protein |
| Chicken Thigh | 24 grams | 177 | 100 grams | 4 ounces= 28 grams of protein |
| Cottage Cheese(2%) | 12 grams | 86 | 100 grams | 1/2 cup= 13 grams of protein |
| Edamame(cooked) | 11 grams | 122 | 100 grams | 1 cup= 17 grams of protein |
| Egg Whites | 11 grams | 52 | 100 grams | 1 large= 3.6 grams of protein |
| Eggs | 13 grams | 143 | 100 grams | 1 large= 6 grams of protein |
| Fish, Cod | 18 grams | 82 | 100 grams | 3 ounces= 15 grams of protein |
| Fish, Halibut(cooked) | 23 grams | 111 | 100 grams | 3 ounces= 19 grams of protein |
| Fish,Salmon(cooked) | 24 grams | 178 | 100 grams | 3 ounces= 21 grams of protein |
| Fish, Tilapia | 26 grams | 129 | 100 grams | 3 ounces= 22 grams of protein |
| Hummus (varies by brand) | 7 grams | 250 | 100 grams | 2 tablespoons= 2 grams of protein |
| Peanut Butter | 22 grams | 598 | 100 grams | 2 tablespoons= 7 grams of protein |
| Peanuts | 25 grams | 607 | 100 grams | 1 ounce= 7 grams of protein |
| Protein Powder(whey) | 78 grams | 338 | 100 grams | 38g (1 scoop)= 30g of protein |
| Pumpkin seeds | 19 grams | 446 | 100 grams | 1 ounce= 5 grams of protein |
| Ricotta Cheese(part skim) | 11 grams | 138 | 100 grams | 1/2 cup= 14 grams of protein |
| Sunflower Seeds | 21 grams | 584 | 100 grams | 1/4 cup= 6 grams of protein |
| Tempeh | 19 grams | 193 | 100 grams | 1 cup= 31 grams of protein |
| Tofu | 8 grams | 76 | 100 grams | 1/2 cup= 10 grams of protein |
| Tuna | 28 grams | 132 | 100 grams | 3 ounces= 24 grams of protein |
| Turkey Breast | 29 grams | 189 | 100 grams | 3 ounces= 26 grams of protein |
| Turkey, deli meat | 18 grams | 98 | 100 grams | 4 ounces= 20 grams of protein |
| Turkey, ground(93% lean) | 19.5 grams | 141 | 100 grams | 3 ounces= 16.5 grams of protein |
| Yogurt(lowfat, plain) | 6 grams | 70 | 100 grams | 1 cup= 11 grams |