



LMC Guide to Vegetarian Protein Sources

Remember to eat protein with every meal and snack!

**Beans & legumes also contain carbohydrate. If you are eating more than 1 cup, remember to count the carbohydrate as well*

Nuts & Nut Butters



brazil nuts
1g per ¼ cup



peanuts
9g per ¼ cup



walnuts
4g per ¼ cup



cashews
5g per ¼ cup



almonds
7g per ¼ cup



almond butter
7g per 2 tbsp



peanut butter
6g per 2 tbsp

Beans & Legumes



kidney beans
(cooked)
15g per ¾ cup



tempeh
14g per ¾ cup



hummus
15g per ¾ cup



edamame
16.5g
per ¾ cup



green peas
6.5g per ¾ cup



chickpeas
(cooked)
11g per ¾ cup



tofu
30g per ¾ cup



lentils
(cooked)
13.5g per ¾ cup

Seeds



sunflower seeds
6g per ¼ cup



flax seeds
2g per 1 tbsp



hemp seeds
4g per 1 tbsp



tahini
5g per 2 tbsp



chia seeds
2.5g per 1 tbsp

Other Sources



nutritional yeast
6g per ¼ cup



seitan
21g per 3oz



spirulina
5g per 1 tbsp

Dairy and Eggs



ricotta cheese
4.5g per 1.5oz



goat cheese
7.5g per 1.5oz



cheddar
9.5g per 1.5oz



mozzarella
8.5g per 1.5oz



feta cheese
5.5g per 1.5oz



gouda
10g per 1.5oz



Swiss cheese
5g per 1 slice



processed cheese
cheddar or mozzarella
3.5g per 1 slice



cottage cheese
5g per 1.5oz



provolone
7g per 1 slice



eggs
12g per 2 large



soy milk
8g per 1 cup



milk
8g per 1 cup



Greek yogurt (plain)
16.5g per ¾ cup

Vegetarian Recipe Websites

Fat Free Vegan - <http://blog.fatfreevegan.com/>

Oh She Glows - <http://ohsheglows.com/>

Dietitian Debbie Dishes - <http://dietitiandebbie.com/>

Abby's Kitchen - <https://www.abbeyskitchen.com/category/recipes/>
(This site has both vegetarian and meat-based recipes)

The Foodie Dietitian - <https://karalydon.com/recipes/>

Delish Knowledge - <https://www.delishknowledge.com/recipes/>