



PROTEIN TO EAT INSTEAD OF MEAT

Getting enough protein doesn't have to mean eating meat at every meal. You can get your recommended daily intake eating only these meatless protein sources or eating them in combination with some meat.

PLANT PROTEINS

TOFU (Firm)



1/2 cup
20g of protein

SOYBEANS



1/2 cup
11g of protein

SOY MILK



1 cup
11g of protein

LENTILS



1 cup
9g of protein

PUMPKIN SEEDS



1/4 cup
8g of protein

QUINOA



1 cup (cooked)
8g of protein

HEMP SEEDS



2 tablespoons
8g of protein

BEANS (Canned)



1/2 cup
7g of protein

CHICKPEAS (Canned)



1/2 cup
8g of protein

OATMEAL



1 cup (cooked)
4g of protein

CHIA SEEDS



2 tablespoons
6g of protein

SUNFLOWER SEEDS



1/4 cup
5g of protein

HUMMUS



2 tablespoons
3g of protein

FLAXSEEDS



2 tablespoons
3g of protein

NUTS

PEANUT BUTTER



2 tablespoons
8g of protein

ALMOND BUTTER



2 tablespoons
7g of protein

WALNUTS



1/2 cup
4g of protein

NUTS (Peanuts, Pistachios, Almonds)



1/4 cup
6g of protein

OTHER MEATLESS OPTIONS

GREEK YOGURT (Plain)



6 fluid ounces
18-20g of protein

COTTAGE CHEESE



1/2 cup
14g of protein

YOGURT (Plain)



8 fluid ounces
10g of protein

MILK



1 cup
8g of protein

CHEESE



1 ounce
7g of protein

EGGS



1 medium egg
6g of protein

Eating less meat is easier with a handy list of meatless protein options. Get more ideas for vegetarian recipes by visiting:

shine365.marshfieldclinic.org/tag/meatless-meals/



Marshfield Clinic
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