

THE BEST PROTEIN SOURCES

Sources are ranked in terms of "Protein Efficiency"

PLANT BASED PROTEIN SOURCES

Prioritize and eat mostly these sources each day.

Food	Qty	Pro	S Fat	Cal	Food	Qty	Pro	S Fat	Cal
Chlorella	1 Tbsp	4g	0g	20	Kidney beans	1/3 cup	10g	0g	123
Seitan	3 oz	29g	0g	150	Cauliflower	1 cup	2g	0g	25
Spirulina	1 Tbsp	4g	0g	25	Edamame	1/2 cup	8g	0g	100
Protein Powder	1/3 cup	19g	0.2g	120	Brussels Sprts.	1 cup	3g	0g	38
Tofu	3.5 oz	7g	0.3g	55	Black beans	1/3 cup	9g	0.1g	132
Spinach	2 cups	1.7g	0g	14	Peas	1/3 cup	8g	0g	118
Nutr. Yeast	2 Tbsp	7g	0g	60	Kale	1 cup	2.2g	0g	34
Tempeh	3 oz	16g	1g	140	Pepitas	1/4 cup	7g	0g	120
Asparagus,	1 cup	3g	0g	27	Peanuts	1/4 cup	7g	2g	164
Mung Beans,	1 cup	3.2g	0g	31	Pistachios	1/4 cup	6g	1g	159
Soy Beans	1/3 cup	17g	1.3g	173	Flaxseed	1/4 cup	6g	1g	160
Soy milk	1/2 cup	5.5g	0.2g	64	Almonds	1/4 cup	6g	1g	167
Broccoli	1 cup	2.6g	0g	31	Chia Seeds	2 T	4g	0g	120

TRADITIONAL PROTEIN SOURCES

Limit and eat only responsibly sourced and small portions of these each day.

Food	Qty	Pro	S Fat	Cal	Food	Qty	Pro	S Fat	Cal
Canned tuna	3.5 oz	25g	0.2g	115	Salmon	3.5 oz	21g	1.3g	145
Fresh Tuna	3.5 oz	23g	0.2g	107	Ground Turkey	3.5 oz	14g	1.8g	122
Egg white	2	7g	0g	34	Chicken thigh	3.5 oz	17g	2.9g	163
Halibut	3.5 oz	26g	0.4g	139	Sirloin Steak	3.5	20g	5g	199
NF Grk Yogurt	1/2 cup	11g	0g	60	Milk, Skim	1 cup	8.3g	0.3g	86
Turkey breast	3.5 oz	17g	0.5g	103	Eggs, Large	1	6.2g	1.6g	74
Chicken breast	3.5 oz	19g	1.4g	123	Mozzarella	1 oz	6.3g	3.7g	85
NF Ctg Chs	1/2 cup	12g	0g	80	Cheddar	1 oz	7g	5g	110
Pork Loin	3.5 oz	20g	2g	135	Milk, Whole	1 cup	7.9g	4.6g	146

Part 5: 4 Week Eat More Plants Challenge *by Teresa Marie Wellness*

For more challenge information see www.teresamariewellness.com. Chart Source: <https://www.ewg.org/>