



Protein Counter

It's easy to reach the RDA for adults (50 grams) even with zero animal foods. (Don't forget: Adjust serving sizes to what you eat.)

	Calories	Protein (g)
Chicken or turkey breast, skinless ¹ (3 oz.)	130	26
Beef or pork ¹ (3 oz.)	210	22
Shrimp (3 oz.)	80	20
Beyond Meat Burger (4 oz. patty)	230	20
Salmon (3 oz.)	180	19
Impossible Burger (4 oz. patty)	240	19
Canned tuna, light (3 oz. drained)	70	17
Greek yogurt, plain, 0% (6 oz.)	100	17
Tempeh (3 oz.)	170	17
Red lentil spaghetti (2 oz., 1 cup cooked)	180	13
Cottage cheese, 2% (½ cup)	90	12
Gardein Chick'n Scallopini (1)	100	11
Beyond Meat Chicken Tenders (2)	210	11
Yogurt, plain, fat-free (6 oz.)	100	10
Silk Original Protein (1 cup)	130	10
Gardein Seven Grain Crispy Tenders (3)	150	10
Hemp seeds, shelled (3 Tbs.)	180	10
MorningStar Veggie Sausage Patties ¹ (1)	80	9
Edamame, shelled (½ cup)	90	9
Tofu, extra-firm (3 oz.)	90	9
Dairy milk, fat-free (1 cup)	80	8
Silk Original Soymilk (1 cup)	110	8
Beans ¹ (½ cup cooked)	120	8
Pumpkin seeds (¼ cup)	160	8
JUST Folded Plant Egg (1)	100	7
Spaghetti (2 oz., 1 cup cooked)	200	7
Egg, large (1)	70	6
Cheddar cheese (1 oz.)	110	6
Egg whites (3 Tbs.)	25	5
Nuts ¹ (¼ cup)	180	5
Silk Almondmilk yogurt ¹ (5.3 oz.)	180	5
Green peas (½ cup cooked)	60	4
Whole wheat bread (1 slice, 1.5 oz.)	100	4
Quinoa (½ cup cooked)	110	4
Oatly Oatmilk (1 cup)	120	3
Frozen yogurt or ice cream ¹ (⅔ cup)	170	3
Broccoli (½ cup cooked)	25	2
Hummus (2 Tbs.)	70	2
Silk Original Almondmilk (1 cup)	60	1
So Delicious coconut yogurt ¹ (5.3 oz.)	120	1
Silk Original Coconutmilk (1 cup)	70	0
Daiya dairy-free cheese (¼ cup shreds)	80	0

¹ Average. Source: fdc.nal.usda.gov, company information.