

**Protein \*Content High to Low (All Foods)**

Protein (g)	*1 gram or more only
26	Chicken, breast tenderloins boneless skinless Quantity: 112g
26	Tilapia, cooked dry heat Quantity: 4oz 100g
25	Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
25	Turkey, ground breast 99% lean Quantity: 4oz
24	Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
23	Cauliflower, green, raw Quantity: small head 325g
23	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
22	Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
22	Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g
22	Bison Burger (cooked) Quantity: 3oz 85g
21	Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
21	Turkey, ground 93/7 lean Quantity: 4oz
20	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g
18	Legumes, lentils, cooked Quantity: 1 cup 198g
17	Vegetable Protein Powder Quantity: 2 Tbsp 20g
16	Flour, quinoa Quantity: 1 cup
16	Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
15	Legumes, black beans, cooked Quantity: 1 cup 172g
15	Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
15	Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
15	Legumes, great northern beans, cooked Quantity: 1 cup 177g
15	Legumes, navy beans, cooked Quantity: 1 cup 182g
15	Legumes, red kidney beans, cooked Quantity: 1 cup 177g
15	Turkey Sausage, lean, sweet Quantity: 1 link 91g
15	Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
14	Flour, barley Quantity: 1 cup 148g
13	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g
13	Flour, buckwheat Quantity: 1 cup 120g
11	Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
11	Hemp Protein Hi-Fiber, organic, Nutiva Quantity: 3 Tbsp 30g
11	Yeast, regular Quantity: 1oz 28g
10	Tomato paste, Full Circle organic Quantity: 6oz can
10	Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
10	Yogurt, organic plain lowfat Quantity: 1 cup 227g
10	Yogurt, organic plain nonfat Quantity: 1 cup 227g
10	Flour, brown rice Quantity: 1 cup 158g
10	Spelt, cooked Quantity: 1 cup
9	Milk, fat free Quantity: 1 cup 246g
9	Peanut butter, chunky style unsalted unsweetened Quantity: 2 Tbsp 258g
9	Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
9	Buttermilk, low fat cultured Quantity: 1 cup 245g
8	Swiss Cheese Quantity: 1 slice, 1oz, 28g
8	Legumes, black beans, canned Quantity: 1/2 cup 130g
8	Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
8	Lettuce, romaine, raw Quantity: 1 head, 626g
8	Milk, 1% fat organic Quantity: 1 cup 246g
8	Milk, 2% fat organic Quantity: 1 cup 244g
8	Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
8	Peas green, raw Quantity: 1 cup 145g
8	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
7	Oat Bran, organic Quantity: 1/4 cup 40g

7	Pasta, Capellini 100% whole wheat Quantity: 2oz 56g
7	Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
7	Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
7	Peas, frozen Quantity: 1 cup 134g
6	Eggs, organic Quantity: 1 large
6	Flour, almond Quantity: 1/4 cup 20g
6	Quinoa Quantity: 1/4 cup 46g
6	Sunflower seeds: whole, dried Quantity: 1oz 28g
6	Avocado (green), Florida raw Quantity: 1 fruit 304g
5	Pistachio nuts, raw Quantity: 49 nuts 28g
5	Cashews, raw whole Quantity: 1oz 28g
5	Corn, yellow frozen, microwaved Quantity: 1 cup 141g
5	Oats, rolled, quick organic Quantity: 1/2 cup 40g
5	Pomegranate, raw Quantity: 4" 282g
5	Pumpkin: canned Quantity: 15oz 425g
5	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
4	Almonds, raw whole Quantity: 24 nuts 28g
4	Brazil Nuts, raw Quantity: 6 nuts 28g
4	Bread, Ezekiel Sprouted Grain Original Quantity: 1 slice, 43g
4	Broccoli, frozen Green Giant Steamers Quantity: 2 cups
4	Rice, brown long grain organic Quantity: 1/4 cup 45g
4	Walnuts, raw unsalted Quantity: 5 whole 28g
4	Wheat Germ, raw Quantity: 2 Tbsp 16g
4	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
4	Tomatoes, canned diced, no salt added Quantity: 14.5oz can
3	Cauliflower, white, raw Quantity: 1 small, 265g
3	Bean Sprouts, mung Quantity: 1 cup 104g
3	Brussels sprouts Quantity: 3 whole, 88g
3	Jicama (yambean), raw Quantity: 1 small 365g
3	Mushrooms, portabella caps Quantity: 3 caps 100g
3	Mushrooms, white, whole Quantity: 1 cup 96g
3	Mustard Seed, yellow Quantity: 1 Tbsp 11g
3	Pecans, raw unsalted Quantity: 19 halves 28g
3	Avocado (green), Florida raw Quantity: 1/2 fruit 152g
3	Pasta, Spinach (cooked) Quantity: 2oz 56g
2	Avocado (black), California raw Quantity: 1 fruit 201g
2	Corn, sweet, yellow cooked Quantity: medium ear 103g
2	Almond Butter Quantity: 1 Tbsp
2	Asparagus, spears Quantity: 6, 7"spears 100g
2	Beets, canned slices Quantity: 1 cup 170g
2	Cauliflower, green, raw Quantity: 1 cup 64g
2	Coconut butter (whole coconut pulp) Quantity: 1 Tbsp 15g
2	Cucumber, raw with peel Quantity: 8" whole 301g
2	Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
2	Green beans, raw Quantity: 20 beans 1 cup 110g
2	Kale greens, raw Quantity: 1 cup chopped 67g
2	Mushrooms, brown, whole Quantity: 1 cup 87g
2	Nectarine, raw Quantity: 1 medium 142g
2	Onion, yellow, raw Quantity: 1 medium
2	Parsley, raw Quantity: 1 cup 60g
2	Parsnip, cooked Quantity: 1 (9"long) 160g

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2	Parsnip, raw Quantity: 1 cup slices, 133g
2	Peas, sugar snap, raw Quantity: 20 pods 68g
2	Pepper, sweet red raw Quantity: 1 large 164g
2	Pepper, sweet yellow or orange raw Quantity: 1 large 186g
2	Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
2	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
2	Spinach, baby raw Quantity: 2 cups 85g
2	Spinach, canned, no salt added Quantity: 1/2 cup 115g
2	Spinach, frozen, organic Quantity: 1 cup
2	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
2	Squash zucchini (summer) Quantity: 1 medium
2	Strawberries, raw organic Quantity: 1 pint 357g
2	Tomato Juice, V8 Quantity: 1 cup 243g
2	Tomato Juice, V8 low sodium Quantity: 1 cup
2	Watermelon, raw Quantity: 1 wedge, 1/16 melon
2	Macadamia nuts, raw Quantity: 12 nuts 28g
2	Broccoli, raw chopped Quantity: 1 cup 91g
2	Blackberries, frozen Quantity: 1 cup 151g
1	Almonds, raw whole Quantity: 8 nuts 9g
1	Raspberries, raw Quantity: 1 cup 123g
1	Cauliflower, white, raw Quantity: 1 cup 100g
1	Beets, cooked Quantity: 2 beets 100g
1	Avocado (black), California raw Quantity: 1/2 fruit 100g
1	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup
1	Apple, raw organic Quantity: 1 medium
1	Banana, whole Quantity: 1 medium 118g
1	Bean Sprouts, alfalfa Quantity: 1 cup 33g
1	Blueberries, raw organic Quantity: 1 cup 148g
1	Butter, unsalted Quantity: 2 Tbsp 28g
1	Cantaloupe, raw organic Quantity: 1/4 medium 138g
1	Caraway seed Quantity: 1 Tbsp 6g
1	Chili powder, ground Quantity: 1 Tbsp
1	Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
1	Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp
1	Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
1	Coconut, shredded unsweetened Quantity: 3 Tbsp 15g
1	Cumin, seed Quantity: 1 Tbsp
1	Dates, Medjool, California Quantity: 2 dates 46g
1	Dill weed, dried Quantity: 1 Tbsp
1	Fennel Seed Quantity: 1 Tbsp
1	Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
1	Jicama (yambean), raw Quantity: 1 cup slices 120g
1	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
1	Lemon, raw Quantity: 1 small 58g
1	Lettuce, romaine hearts organic Quantity: 2 leafs 3oz
1	Mango, raw Quantity: 1 fruit 207g
1	Onion, yellow, raw Quantity: 1 small
1	Orange Juice, raw Quantity: 1/2 cup 4oz
1	Orange, Cara Cara Quantity: 1 medium 154g
1	Paprika Quantity: 1 Tbsp 7g
1	Peach, frozen slices organic Quantity: 3/4 cup 140g

1	Peach, raw Quantity: 1 medium 150g
1	Pear, raw Quantity: 1 medium 178g
1	Pepper, sweet green raw Quantity: 1 large 164g
1	Prunes, raw Quantity: 3 whole 28g
1	Raisins Quantity: 50 whole 26g
1	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
1	Sour Cream, fat free Quantity: 1oz 28g
1	Sour Cream, light Quantity: 1oz 28g
1	Squash spaghetti, cooked no salt Quantity: 1 cup 155g
1	Strawberries, raw organic Quantity: 8 medium 147g
1	Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
1	Tomato cherry, raw Quantity: 5 whole 1 cup
1	Tomato, raw Quantity: 1 medium 123g
1	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
1	Turnip, cooked Quantity: 1 cup cubes 156g