

TOP PROTEIN SOURCES

Looking to lose weight or maintain a healthy weight? Then pump up your diet with protein! Protein works for weight loss by keeping you full longer. Protein also works for maintaining a healthy weight by preserving lean muscle mass. Another benefit - it takes more calories to burn protein than carbs or fat.

To avoid the excess calories, cholesterol and saturated fat found in many cuts of beef, opt for the leaner animal and plant sources listed below. Many plants, especially legumes, are not only an excellent source of protein but fiber too. Plus, plant proteins contain little to no saturated fat or cholesterol. With 18 grams of whey protein plus 8 grams of prebiotic fiber per serving, [LeanBiotics® LeanMeal RS™](#) is another great way to get high quality protein and keep you satisfied between meals!

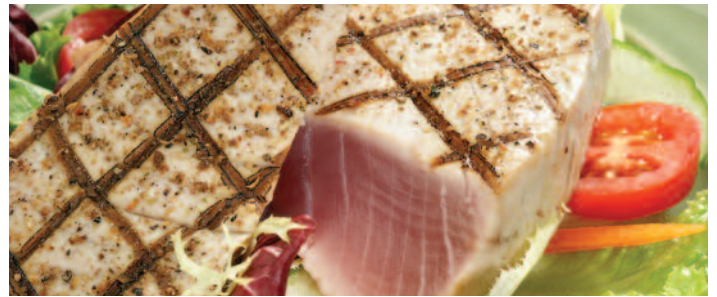
PLANT SOURCES



Foods	Protein Content
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Soybeans	29 g per cup
Wheat Berries	28 g per cup
Pea Protein	23 g per 1 oz.
Lentils	18 g per cup
Edamame	17 g per cup
Hemp Protein	13 g per 1 oz.
Mixed Nuts	12 g per ½ cup
Kamut	11 g per cup
Spelt	11 g per cup
Amaranth	9 g per cup
Green Peas	9 g per cup
Quinoa	8 g per cup
Kidney Beans	8 g per cup
Peanut Butter	8 g per 2 Tbsp
Farro	8 g per cup
Tofu (firm)	7 g per 3 oz.
Bulgur	6 g per cup
Soy Milk	6 g per cup
Millet	6 g per cup
Spinach (cooked)	5 g per cup
Collard Greens	4 g per cup
Kale (chopped)	2 g per cup

ANIMAL SOURCES



Foods	Protein Content
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Beef (top or bottom round)	31 g per 3 oz.
Roast Beef (deli)	27 g per 3 oz.
Ground Beef (95% lean)	25 g per 3 oz.
Halibut	23 g per 3 oz.
Chicken Breast (boneless & skinless)	24 g per 3 oz.
Canned, Light Tuna	22 g per 3 oz.
Pork Tenderloin	22 g per 3 oz.
Tilapia	21 g per 3 oz.
Yellow Fin Tuna	20 g per 3 oz.
Greek Yogurt (non-fat, plain)	18 g per 6 oz.
Atlantic Salmon	18 g per 3 oz.
Turkey Breast	15 g per 3 oz.
Cottage Cheese (low-fat)	14 g per ½ cup
Turkey Breast (deli)	11 g per 3 oz.
Milk (2%)	8 g per 1 cup
Swiss Cheese (sliced)	8 g per 1 oz.
Egg	6 g per large egg

Source: nutritiondata.self.com and sparkpeople.com