

# High-Protein Vegetarian Cheat Sheet

This cheat sheet provides a quick reference for vegetarian protein sources and their approximate protein content per serving.

## Vegetarian Protein Sources

Food	Protein Per Serving
Lentils	18g per cup (cooked)
Chickpeas	15g per cup (cooked)
Black Beans	15g per cup (cooked)
Quinoa	8g per cup (cooked)
Tofu	10g per 1/2 cup
Tempeh	20g per cup
Seitan	21g per 3oz serving
Greek Yogurt	20g per cup
Cottage Cheese	14g per 1/2 cup
Almonds	7g per 1oz
Peanut Butter	8g per 2 tbsp
Chia Seeds	5g per 2 tbsp
Hemp Seeds	9g per 3 tbsp
Flaxseeds	6g per 3 tbsp
Pumpkin Seeds	7g per 1oz
Eggs	6g per large egg
Oats	6g per 1/2 cup (dry)