



Nella Foulds
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Consultant Nutritionist

High Protein Foods List - Vegetarian

The following foods are great sources of protein to include in a Vegetarian diet. All of the following foods are based on uncooked/dry weights.

Food	Amount	Protein
Eggs, Large	3 Whole	22.5g
Whey Protein	25g	21g
Cottage Cheese	150g	17.7g
Greek / Strained Yogurt 0% Fat	170g	17.5g
Quorn Mince	100g	14.5g
Black Beans	50g	11g
Sunflower Seeds	50g	10.5g
Whole Milk	300ml	9.6g
Whole Almonds	50g	11g
Tofu	100g	8.2g
Cashew Butter	30g	6g