

20 Protein-Rich Foods to Add to Your Shopping List



Tuna (1 cup)
39 grams of protein



Greek yogurt (6 ounces)
17 grams of protein



Chicken breast (3.5 ounces)
30 grams of protein



Oats (1/2 cup)
13 grams of protein



Cottage cheese (1 cup)
27 grams of protein



Milk (1 cup)
8 grams of protein



Turkey breast (3 ounces)
24 grams of protein



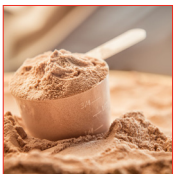
Quinoa (6.5 ounces)
8 grams of protein



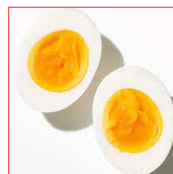
Beef (3 ounces)
22 grams of protein



Peanuts (1 ounce)
7 grams of protein



Whey protein powder
20 grams of protein



Egg (1 egg)
6 grams of protein



Tofu (3.5 ounces)
19 grams of protein



Almonds (1 ounce)
6 grams of protein



Salmon (3 ounces)
19 grams of protein



Pumpkin seeds (1 ounce)
5 grams of protein



Lentils (1 cup)
18 grams of protein



Broccoli (1 cup)
3 grams of protein



Shrimp (3 ounces)
18 grams of protein



Brussels sprouts (1/2 cup)
2 grams of protein