

Where Do I Get MY PROTEIN?

NOUVEAU RAW



This is not a complete list of every raw food that contains protein, but it's a great start.

Some of these numbers may seem insignificant but build a salad or dish combining a large variety of these foods and quickly you will find yourself with a protein-packed meal.

BUTTERS

	PROTEIN
Almond Butter 2 Tbsp (32g).....	6.8g
Cashew Butter 2 Tbsp (32g).....	3.8g
Coconut Butter 2 Tbsp (32g).....	2.2g
Hazelnut Butter 2 Tbsp (32g).....	4.4g
Peanut Butter 2 Tbsp (32g).....	7g
Sunflower Seed Butter 2 Tbsp (32g).....	5.5g
Tahini Butter 2 Tbsp (32g).....	5.2g

CACAO / CAROB

	PROTEIN
Cacao Powder 1 Tbsp (7g).....	1.4g
Cacao Nibs 1 Tbsp (9g).....	1.3g
Carob Powder 1 Tbsp (12g).....	1g

FLOUR

	PROTEIN
Almond Flour 1/2 cup (56g).....	12g
Buckwheat 1/2 cup (60g).....	7.5g
Coconut Flour 1/2 cup (48g).....	3.3g
Oat Flour 1/2 cup (52g).....	7.5g
Tiger Nut Flour 1/2 cup (60g).....	4g

NUTS

	PROTEIN
Almonds 1 oz (28 g).....	6g
Brazilnut 1 oz (28g).....	4g
Cashews 1 oz (28g).....	4.3 g
Hazelnut 1 oz (28g).....	4.3g
Macadamia 1 oz (28g).....	2.2g
Peanuts 1 oz (28g).....	7.3g
Pecans 1 oz (28g).....	2.7g
Pili 1 oz (28g).....	3g
Pine 1 oz (28g).....	3.9g
Pistachio 1 oz (28g).....	6g
Tiger 1 oz (28g).....	3g
Walnuts 1 oz (28g).....	4.3g

SEEDS

	PROTEIN
Chia Seeds 1 Tbsp (12g).....	2g
Flax Seeds 1 Tbsp (10g).....	1.9g
Hemp Seeds 1 Tbsp (10g).....	3.2g
Inchi Seeds 1/4 cup (28g).....	8.8g
Pumpkin Seeds 1/4 cup (32g).....	6g
Sunflower Seeds 1/4 cup (13g).....	1.6g
Sesame Seeds 1 oz (28g).....	4.8g

SPROUTS

	PROTEIN
Alfalfa Sprouts 1 cup (33g).....	1.3g
Broccoli Sprouts 1 cup (33g).....	1.3g
Lentil Sprouts 1 cup (33g).....	6.9g
Mung Bean Sprouts 1 cup (124g).....	2.5g
Pea Sprouts 1 cup (120g).....	11g

SUPERFOODS

	PROTEIN
Nutritional Yeast 2 Tbsp (17g).....	7.6g
Sacha Inchi Protein Powder 1/4 cup (40g).....	24g
Spirulina 2 Tbsp (7g).....	5g

SUPPLEMENTATION

	PROTEIN
Sun Warrior Raw Plant-Based Complete Protein Powder 1 scoop (25g).....	17g

VEGGIES

	PROTEIN
Asparagus 5 spears (75g).....	1.8g
Avocado Flesh 1 (136g).....	2.7g
Broccolini 1 cup (122g).....	2.4g
Brussel Sprouts 8 each (168g).....	4.3g
Chinese Cabbage 1 cup (70g).....	1.1g
Collard Greens 1 cup (190g).....	5.1g
Kale 1 cup (130g).....	2.5g

VEGGIES (CONTINUED)

	PROTEIN
Edamame, shelled 1/2 cup (78g).....	9.2g
Mustard Greens 1 cup (56g)	1.6g
Peas 1 cup (160g).....	8.6g
Snow Peas 1 cup (160g)	5.2g

Here are some protein packed cooked options that you can add into your whole food diet.

LEGUMES, UNCOOKED

The following nutrient-dense foods are packed with protein, fiber, minerals, B vitamins, protective antioxidants, and essential fatty acids.

	PROTEIN
Black Beans 1/2 cup (97g)	21g
Lentils 1/2 cup (96g).....	23.5g
Lima Beans 1/2 cup (89g).....	19g
Kidney Beans 1/2 cup (92g).....	20.5g
Navy Beans 1/2 cup (104g).....	23g

GRAINS, UNCOOKED

Whole grains provide B vitamins, fiber, minerals, protein, and antioxidants.

	PROTEIN
Buckwheat 1/2 cup (84g).....	2.9g
Bulgur 1/2 cup (70g).....	8.5g
Chickpeas 1/2 cup (82g)	7.5g
Lentils 1/2 cup (99g).....	9g
Millet 1/2 cup (87g).....	3g
Oats, rolled, GF 1/2 cup (41g).....	5.3g
Oat Groats 1/2 cup (85g).....	2.9g
Quinoa 1/2 cup (93g).....	4.1g
Forbidden Rice 1/2 cup (79g).....	2.1g
Wild Rice 1/2 cup (82g)	3.3g

I hand selected and researched each item listed. I gathered the protein information through [NUTRITIONIX](#).

NOTES:

Eat like you love yourself - Amie Sue Oldfather