

LOW PROTEIN



AVOCADO
2 g per half avocado
The protein in this fruit contains all 9 essential amino acids, plus heart-healthy omega-3 fatty acids.



ASPARAGUS
4 g per 1 cup (chopped)
This tasty veggie is a nutrient powerhouse. Enjoy it steamed or grilled, or toss chopped spears into salads.



TREE NUTS
4-6 g per 2 Tbsp
A small handful of walnuts or almonds is great as a snack, mixed into yogurt or oatmeal, or on a salad.



SPINACH
5 g per 1 cup (cooked)
Of all the leafy greens, spinach boasts the highest protein content. Try it sautéed with a bit of garlic.



PSEUDOGRAINS
5-9 g per 1 cup (cooked)
These hearty, grainlike seeds (quinoa, amaranth, and buckwheat) have more protein than traditional grains.



HEMP SEEDS
10 g per 2 Tbsp
Great for soups and salads, these seeds have 8 of the 9 essential amino acids that build muscle.

MEDIUM PROTEIN



CHEESE AND MILK
6-7 g per 1/2 cup milk
9-10 g per 1/2 cup cheese
Go for low-fat versions, which generally contain less fat than full-fat.



LEGUMES
7-9 g per 1/2 cup
Pair dried beans (black beans, chickpeas, lentils) with rice for a complete protein.



EDAMAME
8.5 g per 1/2 cup
A single serving of edamame contains nearly every nutrient your body needs, including iron, magnesium, and potassium.



TOFU
12 g per 3 oz
Made from soybeans, tofu is a low-cal, versatile protein source that will take on any flavor. Try it Asian to barbecue.



EGGS
12 g per 2 eggs
14 g per 4 eggs
However you prefer them, eggs and egg whites are smart fuel for your muscles.



COTTAGE CHEESE
14 g per 1/2 cup
Eating a scoop of cottage cheese means you're on a mission to build muscle. Try adding it to smoothies.

*Protein amounts are per serving.

Low Protein Food Guide

Jessica J Manson



Low Protein Food Guide:

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Table of Contents Low Protein Food Guide

1. Understanding the eBook Low Protein Food Guide
 - The Rise of Digital Reading Low Protein Food Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Low Protein Food Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Low Protein Food Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Low Protein Food Guide

- Personalized Recommendations
 - Low Protein Food Guide User Reviews and Ratings
 - Low Protein Food Guide and Bestseller Lists
5. Accessing Low Protein Food Guide Free and Paid eBooks
 - Low Protein Food Guide Public Domain eBooks
 - Low Protein Food Guide eBook Subscription Services
 - Low Protein Food Guide Budget-Friendly Options
 6. Navigating Low Protein Food Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Low Protein Food Guide Compatibility with Devices
 - Low Protein Food Guide Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Low Protein Food Guide
 - Highlighting and Note-Taking Low Protein Food Guide
 - Interactive Elements Low Protein Food Guide
 8. Staying Engaged with Low Protein Food Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Low Protein Food Guide
 9. Balancing eBooks and Physical Books Low Protein Food Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Low Protein Food Guide
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Low Protein Food Guide
 - Setting Reading Goals Low Protein Food Guide
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Low Protein Food Guide

- Fact-Checking eBook Content of Low Protein Food Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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