



*Discover and heal with The Infinity Way™*

### Protein Sources

Food	Amount	Protein	Food	Amount	Protein	Food	Amount	Protein
Egg	1	7 g	Kidney Beans	1 cup	13 g	Cashews	1/4 cup	5 g
Chicken Leg	1	10 g	Lentils	1 cup	18 g	Almonds	1/4 cup	6 g
Chicken Breast	1	20 g	Black Beans	1 cup	15 g	Pistachios	1/4 cup	6 g
Tuna	3 oz	20 g	Chickpeas	1 cup	12 g	Almond Butter	2 tblspns	8 g
Sardines (water)	3 oz	20 g	Hummus	1 cup	12 g	Sunflower Seeds	1/4 cup	6 g
Fish	3 oz	20 g	Pinto Beans	1 cup	12 g	Tahini, Raw	2 tblspns	6 g
Hamburger	3 oz	30 g	Black Eyed Peas	1 cup	11 g	Kale	1 cup	5 g
Cheese	1 oz	7 g	Lima Beans	1 cup	10 g	Spinach	1 cup	5 g
Cottage Cheese	1/2 cup	15 g	Peas	1 cup	9 g	Broccoli Cooked	1 cup	3 g
Plain Yogurt	3 oz	11 g	Brown Rice	1 cup	5 g	Broccoli Raw	1 spear	4 g
Miso	100 g	3 g	Whole Wheat (Sprouted)	2 slices	5 g	Potato	6 oz	2.7 g
Mung Bean	100g	24 g	Coconut Milk Raw	1 cup	6 g	Asparagus	1 cup	5 g
Tempeh	100g	18 g	Coconut Water	1 cup	2 g	Collards	1 cup	5 g
Turkey	3 oz	20 g	Walnuts	1/4 cup	4 g	Avocado	1 whole	4 g