

TOP SOURCES OF PROTEIN TO BUILD MUSLCE

per ounce, in grams

WHEY PROTEIN: 20-25

HEMP SEEDS: 10

PUMPKIN SEEDS: 8

TUNA (WILD CAUGHT): 7

LAMB: 7

PEANUT BUTTER: 7

CHEESE (AGED): 7

SALMON, CANNED: 6.5

CHICKEN BREAST: 6

BEEF (LEAN CUTS): 6

BISON: 6

TURKEY: 6

LEAN PORK: 6

SUNFLOWER SEEDS: 6

ALMONDS: 6

YOGURT: 5

COTTAGE CHEESE: 4

EGGS: 3

FLAXSEEDS: 3

KALE: 1.2