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101 High-Protein Foods

Alright, superstar! Buckle up, because we're diving headfirst into the protein-packed wonderland you never knew you needed.

Get ready to meet the 101 high-octane foods that'll have your taste buds doing a victory dance and your muscles flexing like they're auditioning for a superhero movie.

We're talking about the building blocks of strength, the champions of sustenance, and the secret weapons in your quest to conquer the day.

So, grab your fork, summon your appetite, and let's embark on this delicious journey through the land of protein plenty – because, darling, we're about to turn your meals into a powerhouse of awesome! 🍗🍴

101 High Protein Foods:

1. **Chicken Breast**

- Serving Size: 3 ounces (85 grams)
- Protein: 26 grams
- Fat: 1 gram
- Calories: 128 calories

- *This tender and versatile protein source is a blank canvas for culinary adventures. Whether grilled to perfection or simmered in a flavorful sauce, chicken breast dances with protein and invites creativity to your plate.*

2. Turkey Breast

- Serving Size: 3 ounces (85 grams)
- Protein: 26 grams
- Fat: 1 gram
- Calories: 125 calories
- *Turkey breast, the Thanksgiving superstar, isn't just for holiday feasts. It's a lean, mean protein machine that's ready to take center stage in your healthy eating repertoire.*

3. Lean Beef (e.g., Sirloin)

- Serving Size: 3 ounces (85 grams)
- Protein: 25 grams
- Fat: 3 grams
- Calories: 135 calories
- *Sirloin steak, the James Bond of beef cuts - lean, suave, and full of protein intrigue. Perfect for those who crave a protein-packed adventure on their plates.*

4. Pork Loin

- Serving Size: 3 ounces (85 grams)
- Protein: 26 grams
- Fat: 3 grams

- Calories: 133 calories
- *Pork loin: the unsung hero of the pig kingdom. With a healthy dose of protein and a tender, juicy demeanor, it's a top pick for meat lovers seeking a balanced bite.*

5. Salmon

- Serving Size: 3 ounces (85 grams)
- Protein: 21 grams
- Fat: 9 grams
- Calories: 177 calories
- *Salmon, the wise old sage of the sea, offers not only a rich source of protein but also a bounty of heart-healthy omega-3 fatty acids. It's a flavorful catch that'll have your taste buds swimming with delight.*

6. Tuna

- Serving Size: 3 ounces (85 grams)
- Protein: 22 grams
- Fat: 1 gram
- Calories: 99 calories
- *Tuna, the aquatic speedster, is a lean, protein-packed fish that can be your ally in building muscle and satisfying your appetite. Dive into a world of healthiness with every bite.*

7. Cod

- Serving Size: 3 ounces (85 grams)
- Protein: 19 grams

- Fat: 0.5 grams
- Calories: 105 calories
- *Cod, the mild-mannered marvel of the deep, brings a generous protein punch to your plate with a side of elegance. It's a fish that whispers sophistication in every flaky bite.*

8. Shrimp

- Serving Size: 3 ounces (85 grams)
- Protein: 18 grams
- Fat: 1 gram
- Calories: 84 calories
- *Shrimp, the dainty but dazzling sea jewels, are a low-fat, high-protein treasure trove. Perfect for those who like their seafood lean and their meals indulgent.*

9. Eggs

- Serving Size: 2 large eggs
- Protein: 12 grams
- Fat: 10 grams
- Calories: 143 calories
- *Eggs, nature's perfectly packaged protein bombs, are as versatile as they are satisfying. Scramble, fry, or poach - they'll power your day in style.*

10. Greek Yogurt

- Serving Size: 6 ounces (170 grams)

- Protein: 15 grams
- Fat: 6 grams
- Calories: 150 calories
- *Greek yogurt, the creamy champion of dairy, is not just a breakfast superstar. With its high protein content, it's the secret weapon to conquering your daily dietary quests.*

11. **Cottage Cheese**

- Serving Size: 1/2 cup (113 grams)
- Protein: 14 grams
- Fat: 2 grams
- Calories: 110 calories
- *Cottage cheese, the curd superhero of dairy, is here to rescue your protein needs with its creamy, lumpy charm. Pair it with fruit, herbs, or honey for a protein-packed culinary adventure.*

12. **Milk**

- Serving Size: 1 cup (240 ml)
- Protein: 8 grams
- Fat: 8 grams
- Calories: 122 calories
- *Milk, the classic calcium companion, is not just about strong bones. It's also a source of protein to keep you energized throughout your day. Sip it, pour it, or add it to your cereal.*

13. **Cheese (e.g., Cheddar, Mozzarella)**

- Serving Size: 1 ounce (28 grams)
- Protein: 7 grams
- Fat: 9 grams
- Calories: 113 calories (Cheddar)
- *Cheese, the dairy diva, adds richness and protein to your meals. Cheddar brings a sharp, bold flair, while mozzarella offers a melty, stretchy embrace. It's a dairy lover's dream.*

14. **Bison**

- Serving Size: 3 ounces (85 grams)
- Protein: 21 grams
- Fat: 2 grams
- Calories: 122 calories
- *Bison, the wild and majestic symbol of the American frontier, serves up a lean protein experience. It's like beef but with a touch of untamed elegance.*

15. **Venison (Deer Meat)**

- Serving Size: 3 ounces (85 grams)
- Protein: 26 grams
- Fat: 3 grams
- Calories: 158 calories

- *Venison, the true hunter's reward, boasts an abundance of lean protein and a flavor profile that whispers of the open woods. It's a culinary journey for the adventurous spirit.*

16. **Quail**

- Serving Size: 1 quail (4-6 ounces)
- Protein: Approximately 14-24 grams (varies by size)
- Fat: Approximately 5-7 grams (varies by size)
- Calories: Approximately 120-180 calories (varies by size)
- *Quail, the petite and dainty bird of the wild, may be small in stature but big in flavor and protein. Savor its tender, gamey essence.*

17. **Duck**

- Serving Size: 3 ounces (85 grams)
- Protein: 19 grams
- Fat: 8 grams
- Calories: 160 calories
- *Duck, the sophisticated fowl of French cuisine, offers a rich and robust protein source. Its succulent meat dances with flavor, making every bite an indulgent experience.*

18. **Swordfish**

- Serving Size: 3 ounces (85 grams)
- Protein: 20 grams
- Fat: 5 grams

- Calories: 136 calories
- *Swordfish, the gladiator of the sea, packs a protein punch with a meaty texture. Grill it to perfection and you'll taste the ocean's might.*

19. **Sardines**

- Serving Size: 1 can (3.75 ounces or 106 grams, drained)
- Protein: 21 grams
- Fat: 11 grams
- Calories: 191 calories
- *Sardines, the tiny terrors of the sea, swim to your plate with a bounty of protein and omega-3 fatty acids. They're the pint-sized powerhouse of the seafood world.*

20. **Tilapia**

- Serving Size: 3 ounces (85 grams)
- Protein: 21 grams
- Fat: 2 grams
- Calories: 111 calories
- *Tilapia, the mild-mannered marvel of freshwater fish, provides a protein-packed option for those who prefer a gentle aquatic adventure.*

21. **Anchovies**

- Serving Size: 1 can (2 ounces or 45 grams, drained)
- Protein: 13 grams
- Fat: 5 grams

- Calories: 115 calories
- *Anchovies, the zesty zippers of the sea, may be small, but they're packed with protein and intense umami flavor. They're the secret ingredient that transforms your dishes into gourmet masterpieces.*

22. **Mussels**

- Serving Size: 3 ounces (85 grams)
- Protein: 18 grams
- Fat: 2 grams
- Calories: 146 calories
- *Mussels, the jewels of the ocean floor, offer a seafood delight loaded with protein. Their succulent meat and briny essence elevate any meal to coastal elegance.*

23. **Clams**

- Serving Size: 3 ounces (85 grams)
- Protein: 22 grams
- Fat: 1 gram
- Calories: 126 calories
- *Clams, the buried treasures of the seashore, gift you a protein-rich taste of the ocean. Whether steamed, grilled, or in chowder, they're a culinary gem.*

24. **Scallops**

- Serving Size: 3 ounces (85 grams)
- Protein: 20 grams

- Fat: 1 gram
- Calories: 95 calories
- *Scallops, the delicate discs of the deep, bring a wealth of protein with their sweet and buttery essence. They're like the jewels of the seafood kingdom.*

25. **Lobster**

- Serving Size: 3 ounces (85 grams)
- Protein: 16 grams
- Fat: 1 gram
- Calories: 83 calories
- *Lobster, the luxurious lord of the sea, tempts with its tender, sweet flesh and protein-rich appeal. It's a royal indulgence for the seafood aficionado.*

26. **Crab**

- Serving Size: 3 ounces (85 grams)
- Protein: 17 grams
- Fat: 1 gram
- Calories: 84 calories
- *Crab, the coastal crusader, provides a delightful burst of protein with a hint of sweetness. It's the treasure hidden within its armored shell.*

27. **Beef Jerky**

- Serving Size: 1 ounce (28 grams)
- Protein: Approximately 10-15 grams (varies by brand)

- Fat: Approximately 1-3 grams (varies by brand)
- Calories: Approximately 80-120 calories (varies by brand)
- *Beef jerky, the rugged road-trip companion, is a portable protein powerhouse that's ready to fuel your adventures. Grab a bite and hit the open road.*

28. **Liver (e.g., Beef, Chicken)**

- Serving Size: 3 ounces (85 grams)
- Protein: Approximately 21-27 grams (varies by type)
- Fat: Approximately 3-5 grams (varies by type)
- Calories: Approximately 120-150 calories (varies by type)
- *Liver, the unsung hero of organ meats, is a protein-rich delicacy. Whether it's beef or chicken liver, it's a nutrient-packed choice for the daring palate.*

29. **Pork Chops**

- Serving Size: 3 ounces (85 grams)
- Protein: 26 grams
- Fat: 9 grams
- Calories: 195 calories
- *Pork chops, the sizzling stars of the grill, bring a juicy protein punch with a hint of smoky allure. They're the epitome of comfort food.*

30. **Ground Beef (Lean)**

- Serving Size: 3 ounces (85 grams)
- Protein: 21 grams

- Fat: 8 grams
- Calories: 149 calories
- *Lean ground beef, the culinary chameleon, adapts to your dishes with its protein-packed versatility. From tacos to burgers, it's a tasty way to meet your protein goals.*

31. **Ground Turkey (Lean)**

- Serving Size: 3 ounces (85 grams)
- Protein: 22 grams
- Fat: 9 grams
- Calories: 150 calories
- *Lean ground turkey, the feathered friend of the kitchen, is a lower-fat option for protein lovers. It's ready to take on your culinary challenges with gusto.*

32. **Octopus**

- Serving Size: 3 ounces (85 grams)
- Protein: 25 grams
- Fat: 1 gram
- Calories: 140 calories
- *Octopus, the eight-armed wonder of the sea, delivers a protein-rich and slightly chewy experience. Its tender, savory bites are a delight for adventurous eaters.*

33. **Pheasant**

- Serving Size: 3 ounces (85 grams)

- Protein: 24 grams
- Fat: 3 grams
- Calories: 144 calories
- *Pheasant, the regal game bird of yesteryears, offers a lean and flavorful source of protein. It's like a taste of the countryside on your plate.*

34. **Elk**

- Serving Size: 3 ounces (85 grams)
- Protein: 25 grams
- Fat: 2 grams
- Calories: 123 calories
- *Elk, the majestic inhabitant of the wilderness, brings a lean and protein-packed offering to your table. Its bold yet tender flavor captures the spirit of the wild.*

35. **Haddock**

- Serving Size: 3 ounces (85 grams)
- Protein: 18 grams
- Fat: 0.5 grams
- Calories: 90 calories
- *Haddock, the mild-mannered fish of the North Atlantic, offers a flaky and protein-packed meal option. It's a gentle seafood adventure for all palates.*

36. **Catfish**

- Serving Size: 3 ounces (85 grams)

- Protein: 15 grams
- Fat: 6 grams
- Calories: 105 calories
- *Catfish, the whiskered wonder of southern cuisine, serves up a tender, protein-rich experience with a hint of the bayou. It's comfort food at its finest.*

37. **Trout**

- Serving Size: 3 ounces (85 grams)
- Protein: 20 grams
- Fat: 4 grams
- Calories: 145 calories
- *Trout, the gentle swimmer of freshwater streams, offers a flaky and protein-packed option for seafood enthusiasts. Its delicate flavor is a tribute to pristine waters.*

38. **Herring**

- Serving Size: 3 ounces (85 grams)
- Protein: 18 grams
- Fat: 15 grams
- Calories: 210 calories
- *Herring, the silver-scaled delight of northern seas, brings a bold dose of protein and omega-3 fatty acids. It's a taste of the bracing ocean.*

39. **Mahi-Mahi**

- Serving Size: 3 ounces (85 grams)

- Protein: 20 grams
- Fat: 2 grams
- Calories: 100 calories
- *Mahi-mahi, the spirited dancer of tropical waters, delivers a protein-rich, mild-flavored experience. It's a taste of the Caribbean on your plate.*

40. **Grouper**

- Serving Size: 3 ounces (85 grams)
- Protein: 19 grams
- Fat: 1 gram
- Calories: 100 calories
- *Grouper, the sleek inhabitant of coral reefs, brings a protein-packed bite with a hint of oceanic elegance. It's a seafood symphony for your senses.*

41. **Halibut**

- Serving Size: 3 ounces (85 grams)
- Protein: 22 grams
- Fat: 2 grams
- Calories: 119 calories
- *Halibut, the flat and fabulous fish of the deep, offers a firm and protein-rich option. Its mild taste pairs well with a world of culinary creations.*

42. **Pork Ribs**

- Serving Size: 3 ounces (85 grams)

- Protein: 19 grams
- Fat: 20 grams
- Calories: 282 calories
- *Pork ribs, the succulent stars of BBQ glory, combine tender meat and a protein punch with a kiss of smoky delight. They're a finger-licking, protein-packed experience.*

43. **Bison Jerky**

- Serving Size: 1 ounce (28 grams)
- Protein: Approximately 10-15 grams (varies by brand)
- Fat: Approximately 1-3 grams (varies by brand)
- Calories: Approximately 80-120 calories (varies by brand)
- *Bison jerky, the rugged road-trip companion, is a portable protein powerhouse that's ready to fuel your adventures. Grab a bite and hit the open road.*

44. **Lamb Chops**

- Serving Size: 3 ounces (85 grams)
- Protein: 21 grams
- Fat: 20 grams
- Calories: 292 calories
- *Lamb chops, the flavorful jewels of the flock, offer a protein-rich and succulent dining experience. They're a culinary delight with a touch of Mediterranean flair.*

45. **Veal**

- Serving Size: 3 ounces (85 grams)
- Protein: 20 grams
- Fat: 8 grams
- Calories: 155 calories
- *Veal, the tender offspring of bovine royalty, delivers a delicate yet protein-rich option for discerning palates. It's a taste of refinement.*

46. **Boar**

- Serving Size: 3 ounces (85 grams)
- Protein: 22 grams
- Fat: 2 grams
- Calories: 117 calories
- *Boar, the rugged wanderer of the woods, presents a lean and gamey source of protein. It's a wild culinary adventure on your plate.*

47. **Bone Broth**

- Serving Size: 1 cup (240 ml)
- Protein: Approximately 6-12 grams (varies by preparation)
- Fat: Approximately 0-2 grams (varies by preparation)
- Calories: Approximately 40-90 calories (varies by preparation)
- *Bone broth, the liquid gold of nourishment, offers a comforting and protein-rich elixir. It's the soothing remedy for body and soul.*

56. **Tofu**

- Serving Size: 3 ounces (85 grams)
- Protein: 8 grams
- Fat: 4 grams
- Calories: 70 calories
- *Tofu, the versatile chameleon of the plant kingdom, soaks up flavors like a sponge and offers a protein-packed foundation for your culinary creations. It's a blank canvas for epicurean artistry.*

57. **Tempeh**

- Serving Size: 3 ounces (85 grams)
- Protein: 15 grams
- Fat: 9 grams
- Calories: 187 calories
- *Tempeh, the fermented gem of soybeans, brings a nutty and protein-rich presence to your plate. It's a texture-rich delight for those seeking a plant-based protein adventure.*

58. **Edamame**

- Serving Size: 1 cup (155 grams, cooked)
- Protein: 17 grams
- Fat: 8 grams
- Calories: 188 calories
- *Edamame, the vibrant green pods of young soybeans, burst with protein and offer a satisfying crunch. They're a delightful snack or addition to stir-fries.*

59. **Seitan**

- Serving Size: 3 ounces (85 grams)
- Protein: 21 grams
- Fat: 0.5 grams
- Calories: 104 calories
- *Seitan, the wheaty wonder, is a protein-packed meat substitute with a chewy texture. It's a culinary powerhouse for plant-based enthusiasts.*

60. **Lentils**

- Serving Size: 1 cup (198 grams, cooked)
- Protein: 18 grams
- Fat: 0.8 grams
- Calories: 230 calories
- *Lentils, the tiny legume champions, bring an earthy and protein-rich contribution to soups, stews, and salads. They're a staple of hearty, plant-based cooking.*

61. **Chickpeas**

- Serving Size: 1 cup (164 grams, cooked)
- Protein: 15 grams
- Fat: 3 grams
- Calories: 269 calories

- *Chickpeas, the beloved legume of Mediterranean cuisine, offer a protein-rich foundation for hummus, curries, and more. They're a versatile ally in plant-based cooking.*

62. **Black Beans**

- Serving Size: 1 cup (172 grams, cooked)
- Protein: 15 grams
- Fat: 1 gram
- Calories: 227 calories
- *Black beans, the dark and velvety beans of Latin American fare, bring a protein-rich and hearty essence to your meals. They're the soul of a good rice and beans dish.*

63. **Kidney Beans**

- Serving Size: 1 cup (177 grams, cooked)
- Protein: 15 grams
- Fat: 0.6 grams
- Calories: 218 calories
- *Kidney beans, the robust legumes of chili fame, provide a protein punch with a touch of creaminess. They're the heart of a comforting bowl of chili.*

64. **Pinto Beans**

- Serving Size: 1 cup (171 grams, cooked)
- Protein: 15 grams
- Fat: 1 gram

- Calories: 245 calories
- *Pinto beans, the speckled beauties of Tex-Mex cuisine, deliver a protein-rich and earthy flavor to your dishes. They're a fiesta for your taste buds.*

65. **White Beans**

- Serving Size: 1 cup (179 grams, cooked)
- Protein: 17 grams
- Fat: 1 gram
- Calories: 248 calories
- *White beans, the creamy wonders of Italian cooking, offer a protein-packed, velvety texture. They're like a cozy blanket for your taste buds.*

66. **Navy Beans**

- Serving Size: 1 cup (182 grams, cooked)
- Protein: 15 grams
- Fat: 1 gram
- Calories: 255 calories
- *Navy beans, the small, white treasures, bring a protein-rich creaminess to your soups and casseroles. They're the comforting embrace of classic baked beans.*

67. **Lima Beans**

- Serving Size: 1 cup (188 grams, cooked)
- Protein: 15 grams
- Fat: 0.7 grams

- Calories: 216 calories
- *Lima beans, the buttery giants of the legume world, offer a protein-rich, velvety experience. They're a luxurious addition to your vegetable medleys.*

68. **Adzuki Beans**

- Serving Size: 1 cup (230 grams, cooked)
- Protein: 17 grams
- Fat: 0.2 grams
- Calories: 294 calories
- *Adzuki beans, the dainty red gems of Asian sweets, provide a protein-rich twist to desserts and savory dishes alike. They're a versatile, plant-based delight.*

69. **Cannellini Beans**

- Serving Size: 1 cup (245 grams, cooked)
- Protein: 17 grams
- Fat: 0.6 grams
- Calories: 225 calories
- *Cannellini beans, the Italian stallions of creamy goodness, bring a protein-rich, velvety texture to your soups and pasta dishes. They're the essence of Italian comfort.*

70. **Split Peas**

- Serving Size: 1 cup (196 grams, cooked)
- Protein: 16 grams

- Fat: 0.4 grams
- Calories: 231 calories
- *Split peas, the vibrant legume halves, offer a protein-packed and earthy base for soups and stews. They're the backbone of hearty comfort food.*

71. **Green Peas**

- Serving Size: 1 cup (160 grams, cooked)
- Protein: 8 grams
- Fat: 0.4 grams
- Calories: 62 calories
- *Green peas, the tender and sweet orbs of the garden, bring a touch of protein and vibrant color to your dishes. They're the cheerful sidekick to many meals.*

72. **Soy Milk**

- Serving Size: 1 cup (240 ml)
- Protein: 7 grams
- Fat: 4 grams
- Calories: 80 calories
- *Soy milk, the plant-powered elixir, offers a creamy source of protein and is a versatile dairy milk alternative. It's the go-to choice for many plant-based enthusiasts.*

73. **Almond Milk (Fortified)**

- Serving Size: 1 cup (240 ml)

- Protein: 1 gram
- Fat: 2.5 grams
- Calories: 30-40 calories (varies by brand)
- *Fortified almond milk, the nutty nectar of the almonds, is a light and dairy-free option. While lower in protein, it's a go-to for those seeking a plant-based alternative.*

74. **Rice Milk (Fortified)**

- Serving Size: 1 cup (240 ml)
- Protein: 1 gram
- Fat: 2.5 grams
- Calories: 120-130 calories (varies by brand)
- *Fortified rice milk, the gentle essence of rice, is a dairy-free choice that's light and mildly sweet. It's a blank canvas for your cereal and cooking needs.*

75. **Oat Milk (Fortified)**

- Serving Size: 1 cup (240 ml)
- Protein: 4 grams
- Fat: 2.5 grams
- Calories: 90-130 calories (varies by brand)
- *Fortified oat milk, the creamy creation of oats, brings a mild, oaty flavor to your plant-based beverages. It's a versatile choice for both sweet and savory dishes.*

76. **Hemp Seeds**

- Serving Size: 3 tablespoons (30 grams)
- Protein: 10 grams
- Fat: 15 grams
- Calories: 180 calories
- *Hemp seeds, the tiny powerhouses of nutrition, deliver protein, healthy fats, and a nutty flavor. They're the secret ingredient to boosting your plant-based dishes.*

77. **Chia Seeds**

- Serving Size: 2 tablespoons (28 grams)
- Protein: 4 grams
- Fat: 9 grams
- Calories: 138 calories
- *Chia seeds, the superfood marvels, bring protein and a gel-like texture to your recipes. They're a versatile addition to smoothies, puddings, and more.*

78. **Flax Seeds**

- Serving Size: 2 tablespoons (28 grams)
- Protein: 3 grams
- Fat: 4 grams
- Calories: 150 calories
- *Flax seeds, the golden gems of omega-3s, offer protein and a nutty crunch. They're a heart-healthy addition to your plant-based diet.*

79. **Sunflower Seeds**

- Serving Size: 1 ounce (28 grams)
- Protein: 6 grams
- Fat: 14 grams
- Calories: 165 calories
- *Sunflower seeds, the radiant sources of protein and healthy fats, provide a satisfying crunch. They're a portable snack and salad topper.*

80. **Pumpkin Seeds**

- Serving Size: 1 ounce (28 grams)
- Protein: 7 grams
- Fat: 13 grams
- Calories: 148 calories
- *Pumpkin seeds, the autumnal treasures, deliver protein and a savory bite. They're the crunchy, guilt-free indulgence.*

81. **Quinoa**

- Serving Size: 1 cup (185 grams, cooked)
- Protein: 8 grams
- Fat: 4 grams
- Calories: 222 calories
- *Quinoa, the ancient grain superstar, offers protein, a nutty flavor, and a satisfying chew. It's a versatile ingredient for salads, bowls, and more.*

82. **Amaranth**

- Serving Size: 1 cup (246 grams, cooked)
- Protein: 9 grams
- Fat: 3 grams
- Calories: 251 calories
- *Amaranth, the tiny yet mighty grain, packs protein and a slightly nutty taste. It's a gluten-free option for porridge, baking, and more.*

83. **Bulgur**

- Serving Size: 1 cup (182 grams, cooked)
- Protein: 6 grams
- Fat: 0.4 grams
- Calories: 151 calories
- *Bulgur, the quick-cooking grain, offers protein and a chewy texture. It's a staple of Middle Eastern cuisine, perfect for tabbouleh and pilafs.*

84. **Farro**

- Serving Size: 1 cup (200 grams, cooked)
- Protein: 8 grams
- Fat: 1 gram
- Calories: 337 calories
- *Farro, the ancient and hearty grain, provides protein and a hearty bite. It's a rustic choice for salads, soups, and side dishes.*

85. **Spelt**

- Serving Size: 1 cup (194 grams, cooked)
- Protein: 10 grams
- Fat: 1 gram
- Calories: 246 calories
- *Spelt, the ancient cousin of wheat, offers protein and a mild, nutty flavor. It's a versatile grain for bread, pasta, and more.*

86. **Teff**

- Serving Size: 1 cup (252 grams, cooked)
- Protein: 10 grams
- Fat: 2 grams
- Calories: 255 calories
- *Teff, the tiny and nutrient-packed grain of Ethiopia, provides protein and a slightly earthy taste. It's the star of injera, a traditional Ethiopian flatbread.*

87. **Wild Rice**

- Serving Size: 1 cup (164 grams, cooked)
- Protein: 7 grams
- Fat: 1 gram
- Calories: 166 calories
- *Wild rice, the earthy grain of North America, delivers protein and a nutty, chewy texture. It's a unique addition to pilafs and stuffing.*

88. **Ezekiel Bread**

- Serving Size: 1 slice (34 grams)
- Protein: 4 grams
- Fat: 0.5 grams
- Calories: 80 calories
- *Ezekiel bread, the sprouted and whole-grain wonder, provides protein and a hearty flavor. It's a nutritious choice for sandwiches and toast.*

89. **Nutritional Yeast**

- Serving Size: 2 tablespoons (16 grams)
- Protein: 8 grams
- Fat: 0.5 grams
- Calories: 60 calories
- *Nutritional yeast, the vegan cheese substitute, offers protein and a savory, cheesy essence. It's the secret ingredient to plant-based comfort foods.*

90. **Spirulina**

- Serving Size: 1 tablespoon (7 grams)
- Protein: 4 grams
- Fat: 0.5 grams
- Calories: 20 calories
- *Spirulina, the blue-green algae powerhouse, delivers protein and a burst of nutrients. It's a superfood addition to smoothies and shakes.*

91. **Seaweed (e.g., Nori, Dulse)**

- Serving Size: Varies by type and preparation
- Protein: Varies by type
- Fat: Varies by type
- Calories: Varies by type
- *Seaweed, the oceanic treasure trove, offers varying protein levels and umami flavor. Nori wraps sushi, while dulse adds a smoky twist to dishes.*

92. **Peanut Butter (Unsweetened)**

- Serving Size: 2 tablespoons (32 grams)
- Protein: 8 grams
- Fat: 16 grams
- Calories: 190 calories
- *Unsweetened peanut butter, the nutty spread of childhood dreams, brings protein and creamy richness. It's the classic pairing with jelly or a banana.*

93. **Almond Butter**

- Serving Size: 2 tablespoons (32 grams)
- Protein: 7 grams
- Fat: 17 grams
- Calories: 196 calories
- *Almond butter, the creamy almond delight, offers protein and a subtly sweet flavor. It's a versatile addition to your toast and smoothies.*

94. **Cashew Butter**

- Serving Size: 2 tablespoons (32 grams)
- Protein: 5 grams
- Fat: 16 grams
- Calories: 190 calories
- *Cashew butter, the rich and velvety spread, provides protein and a hint of sweetness. It's a decadent choice for sandwiches and baking.*

95. **Sunflower Butter**

- Serving Size: 2 tablespoons (32 grams)
- Protein: 7 grams
- Fat: 16 grams
- Calories: 200 calories
- *Sunflower butter, the sunny spread of seeds, delivers protein and a nutty flavor. It's a nut-free alternative for those with allergies.*

96. **Protein Bars (Check Labels)**

- Serving Size: Varies by brand and type
- Protein: Varies by brand and type
- Fat: Varies by brand and type
- Calories: Varies by brand and type
- *Protein bars, the on-the-go powerhouses, offer a convenient source of protein. Check labels for specific protein content and ingredients.*

97. **Green Beans**

- Serving Size: 1 cup (125 grams, cooked)
- Protein: 2 grams
- Fat: 0.2 grams
- Calories: 31 calories
- *Green beans, the crisp and vibrant spears, contribute a touch of protein and a refreshing crunch to your meals. They're the bright side of the veggie world.*

98. **Broccoli**

- Serving Size: 1 cup (156 grams, cooked)
- Protein: 3 grams
- Fat: 0.4 grams
- Calories: 55 calories
- *Broccoli, the emerald crown of veggies, brings protein and a cruciferous bite to your plate. It's the versatile superstar of stir-fries and salads.*

99. **Brussels Sprouts**

- Serving Size: 1 cup (156 grams, cooked)
- Protein: 4 grams
- Fat: 0.3 grams
- Calories: 56 calories
- *Brussels sprouts, the mini cabbages of gourmet delight, offer protein and a slightly nutty flavor. They're the charred and roasted wonders of holiday feasts.*

100. **Spinach**

- Serving Size: 1 cup (180 grams, cooked)
- Protein: 5 grams
- Fat: 0.6 grams
- Calories: 41 calories
- *Spinach, the leafy green hero, provides protein and a tender bite. It's the versatile bed for salads, omelets, and more.*

101. **Asparagus**

- Serving Size: 1 cup (134 grams, cooked)
- Protein: 3 grams
- Fat: 0.2 grams
- Calories: 27 calories
- *Asparagus, the elegant spears of spring, offer protein and a mild, grassy flavor. They're the tender touch of refinement on your plate.*