



Complete & Incomplete Protein Foods

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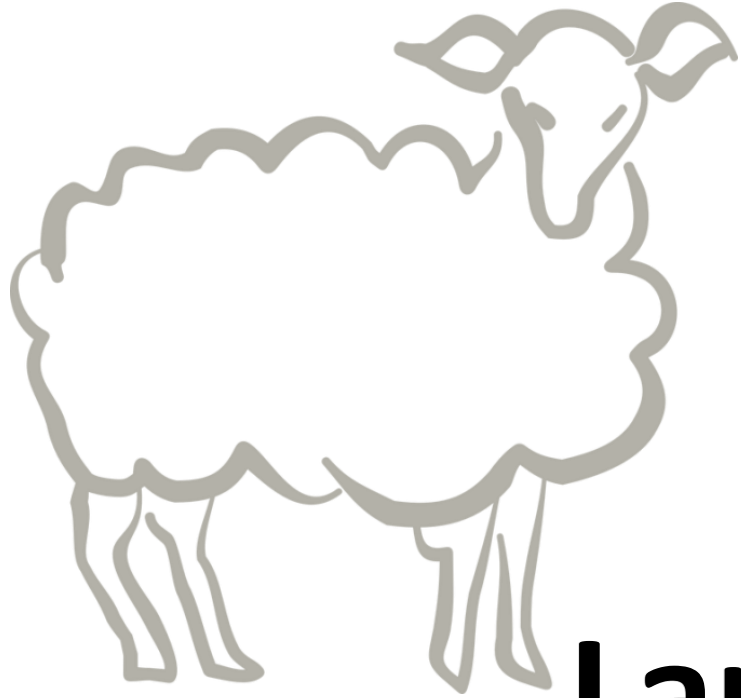
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Poultry

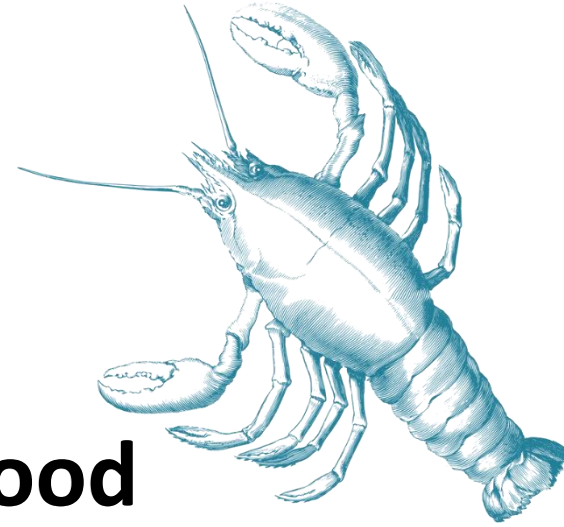
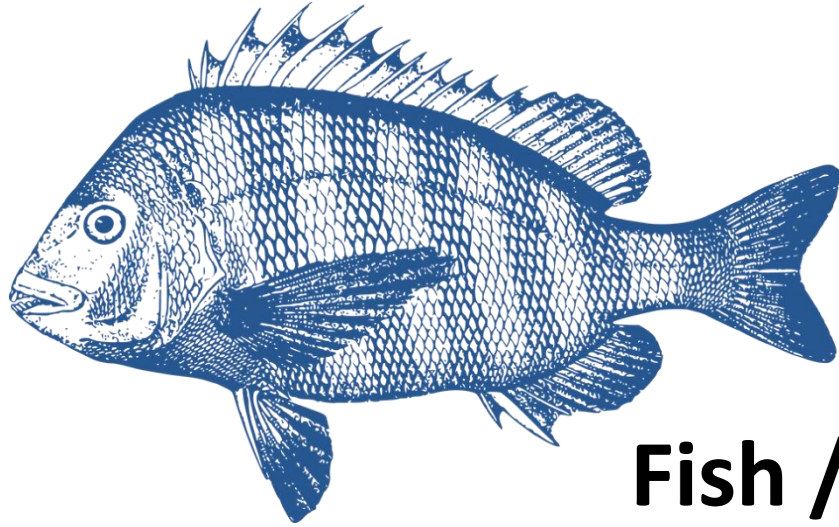


Type	Grams	Complete Protein
Chicken breast	85 g	24 g
Chicken drumstick	average	11 g
Chicken thigh	average	10 g
Chicken wing	average	6 g
Turkey	85 g	25.5 g
Chicken eggs	1	6 g
Duck eggs	1	up to 9 g



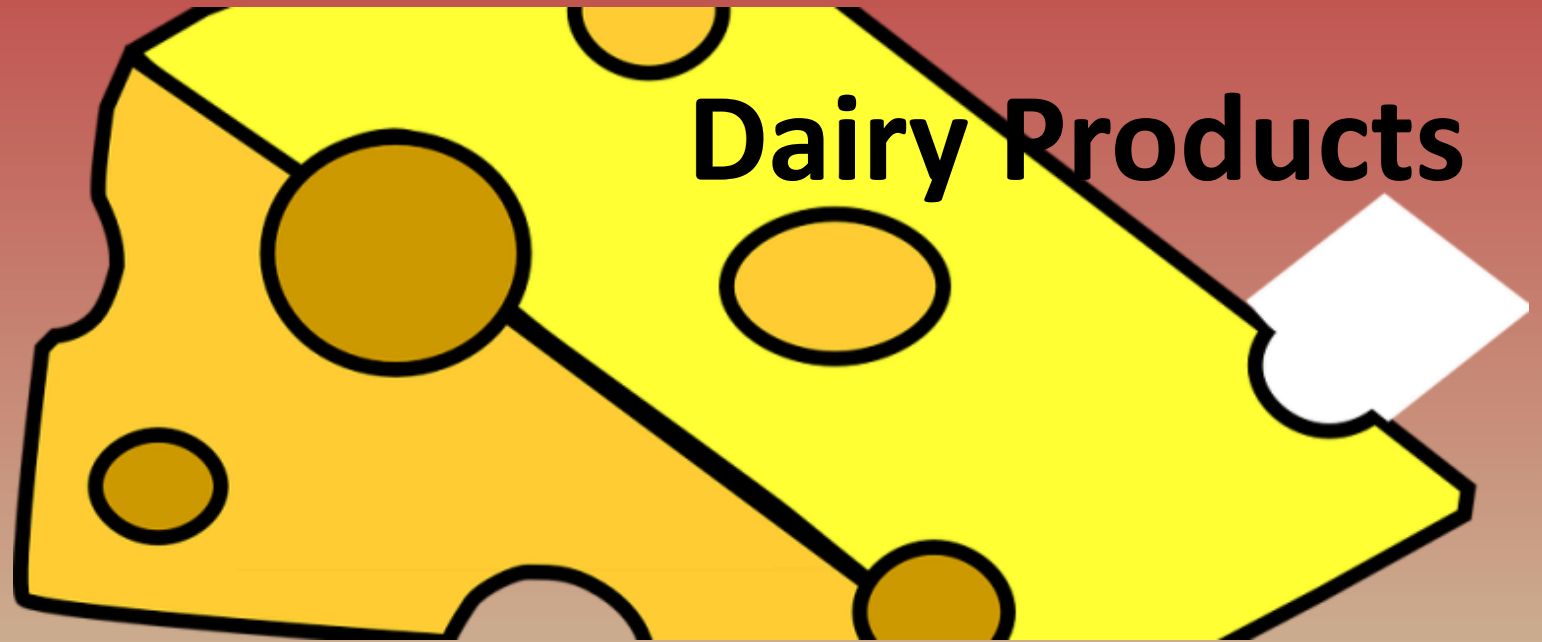
Lamb / Beef

Type	Grams	Protein
Beef	85 g	21 g
Lamb	average	26 g
Whey protein	1 scoop	Ave. 24 g



Fish / Seafood

Type	Grams	Complete Protein
Fish fillet	85 g	18 g
Tuna	85 g	26 g
Salmon	85 g	23 g
Sardines	85 g	21 g
Seafood	average	19 g



Type	Grams	Complete Protein
Milk	1 glass	8 g
Cottage Cheese	½ cup	15 g
Yoghurt	1 cup	8 - 12 g
Soft cheese	28 g	6 g
Medium cheese	28 g	7-8 g
Hard cheese	28 g	10 g

Do you realise that I have not talked about any fake foods? None at all!

When I talk about 'quality protein' I mean real cuts of meats, or real unprocessed dairy foods, or real seeds etc.

Cottage Cheese, for example, is a soft cheese for sure. I'm not talking about the highly processed sliced cheese that's usually wrapped in plastic and put on hamburgers.

If you want the convenience of sliced cheese, that's fine, but make sure it's sliced from a block of hard cheese.

Good cheese, the kind you should be eating, usually crumbles. If it doesn't crumble, leave it.

Other soft cheeses include Feta, Goat's cheese and Sheep's Feta for a few examples. They are very good for you.

Barbara O'Neil recommends you only eat soft cheeses such as Feta.



Image: mennoknight.wordpress.com



Other Complete Proteins



Image: linwoodshealthfoods.com



Image: healingdeva.com



Type	Grams	Complete Protein
Spirulina	1 level tablespoon	4 g
Chia seeds	28 g	4.4 g
Hemp seeds	1 tablespoon	3.3 g



Incomplete Protein Foods

Legumes



Legumes	Grams	Incomplete Protein
Most dried beans	½ cup cooked	7 - 10 g
Peas	½ cup	8 g
Lentils	½ cup	9 g

Nuts	Grams	Incomplete Protein
Mixed nuts	56 g	6 g
Almonds	¼ cup	8 g
Cashews	¼ cup	5 g
Pecans	¼ cup	2.5 g
Peanut Butter	1 tablespoon	4 g

Seeds	Grams	Incomplete Protein
Quinoa	1 cup	8 g
Flax	¼ cup	8 g
Pumpkin	¼ cup	8 g
Sunflower	¼ cup	8 g
Sesame	28 g	6 g

+ Nuts

+ Seeds

**Legumes + Nuts or
Legumes + Seeds
...together they make
Complete Proteins**



Grains and Vegetables

Type	Grams	Incomplete Protein
Oatmeal	1 cup cooked	6 g
Bulgur	1 cup cooked	6 g
Brown rice	1 cup cooked	5 g
Spinach	1 cup cooked	5 g
Baked potatoes	Medium with skin	4.5 g
Avocado	1	4 g
Broccoli	1 cup cooked	4g

Don't we receive a lot more protein from eating animal products?

Look up notes or video by Barbara