

30 Sources of Low Carb Vegetarian Protein

	Name	Serving	Protein g	Net Carbs g
1	Soya protein isolate powder	28g	25.0	-
2	Seitan	28g	21.0	3.9
3	Nutritional Yeast	30g	16.0	4.0
4	Whey powder	1 scoop (28g)	13.0	3.5
5	Hemp Hearts	30g	10.0	1.0
6	Tahini	32g (2 tbspn)	8.0	1.0
7	Rembrandt Gouda	28g	8.0	-
8	Swiss	28g	7.6	0.4
9	Fontina	28g	7.3	0.4
10	Provolone	28g	7.3	0.6
11	Edam	28g	7.1	0.4
12	Cheddar cheese	28g	7.0	-
13	Pumpkin seeds	28g	7.0	1.0
14	Peanut butter	30g	7.0	1.0
15	Almond butter	32g	6.7	2.7
16	Sunflower seeds	28g	6.5	4.0
17	Almonds	28g	6.0	2.9
18	Flaxseeds	28g	5.5	0.5
19	Tempeh	28g	5.3	2.5
20	Sesame seeds	28g	5.0	2.6
21	Eggs	1 small (38g)	4.8	0.3
22	Walnuts	28g	4.3	2.1
23	Spirulina	1 tablespoon 7g	4.0	1.4
24	Brazil nuts	28g	4.0	1.3
25	Chia Seeds	28g	4.0	1.0
26	Quorn	28g	4.0	0.5
27	Pinenuts	28g	3.9	2.7
28	Pecan nuts	28g	2.6	1.1
29	Firm Tofu	28g	2.2	-
30	Macademia nuts	28g	2.2	1.5

Values obtained from the USDA Food Composition Database