

Food Item	Protein Content (per 100g)	Calories (per 100g)	Fat (per 100g)	Carbohydrates (per 100g)	Category
Almonds	21.15	576	49.93	21.55	Nut
Chia Seeds	16.54	486	30.74	42.12	Seed
Hemp Seeds	31.56	553	48.75	8.67	Seed
Pumpkin Seeds	30.23	559	49.05	10.71	Seed
Peanuts	25.80	567	49.24	16.13	Nut
Sunflower Seeds	20.78	584	51.46	20.00	Seed
Flaxseeds	18.29	534	42.16	28.88	Seed
Shelled Walnuts	15.23	654	65.21	13.71	Nut
Pistachios	20.27	562	45.32	27.66	Nut
Sesame Seeds	17.73	573	49.67	23.45	Seed
Brazil Nuts	14.32	659	66.43	12.27	Nut
Cashews	18.22	553	43.93	30.19	Nut
Soybeans (raw)	36.49	446	19.94	30.23	Legume
Green Peas (raw)	5.42	81	0.40	14.45	Legume
Lentils (raw)	25.80	352	1.06	60.07	Legume
Chickpeas (raw)	19.30	364	6.04	60.65	Legume
Quinoa (raw)	14.12	368	6.07	64.16	Grain
Oats (raw)	16.89	389	6.90	66.27	Grain
Spirulina (dried)	57.47	290	7.72	23.90	Algae
Greek Yogurt (plain)	10.00	59	0.40	3.60	Dairy
Cottage Cheese	11.10	98	4.30	3.40	Dairy
Eggs (raw)	12.60	143	9.51	0.72	Animal Product
Beef Jerky	30.40	410	7.90	4.10	Meat
Sardines (canned)	25.70	208	11.50	0.00	Fish
Tuna (canned)	30.70	132	0.60	0.00	Fish
Salmon (raw)	20.25	206	13.42	0.00	Fish
Haddock (raw)	22.42	90	0.50	0.00	Fish
Mackerel (raw)	20.00	305	25.00	0.00	Fish
Shrimp (raw)	24.00	99	0.30	0.00	Shellfish
Octopus (raw)	29.00	164	2.00	0.00	Shellfish
Crab (raw)	18.00	87	1.50	0.00	Shellfish
Scallops (raw)	24.00	88	0.50	0.00	Shellfish
Tofu (firm)	15.00	144	8.80	1.90	Soy Product
Edamame (raw)	11.50	121	5.20	9.90	Legume
Tempeh	19.00	192	11.00	9.00	Soy Product
Seitan	25.00	143	2.00	7.00	Wheat Gluten
Beef (raw)	26.00	250	20.00	0.00	Meat
Pork (raw)	22.00	263	17.00	0.00	Meat
Lamb (raw)	25.00	294	21.00	0.00	Meat
Goat (raw)	20.00	122	2.90	0.00	Meat
Venison (raw)	30.00	158	3.00	0.00	Meat
Whey Protein Powder	80.00	364	6.00	3.00	Supplement
Casein Protein Powder	80.00	353	1.00	3.80	Supplement
Egg White Powder	80.00	336	0.50	0.40	Supplement
Plant-Based Protein Powder	70.00	350	6.50	30.00	Supplement
Nutritional Yeast	50.00	350	6.30	29.00	Yeast
Almond Butter	21.15	614	56.00	19.00	Nut Butter
Peanut Butter	25.00	588	50.00	20.00	Nut Butter
Sunflower Seed Butter	20.00	578	49.00	22.00	Nut Butter
Cacao Nibs	12.00	500	43.00	31.00	Superfood
Açaí Powder	14.00	70	4.00	2.00	Superfood
Avocado (by weight)	2.00	160	14.70	8.50	Fruit
Black Beans (raw)	21.60	337	0.90	62.00	Legume
Kidney Beans (raw)	24.00	333	0.60	60.00	Legume
Adzuki Beans (raw)	25.00	329	0.20	63.00	Legume
Pinto Beans (raw)	21.00	344	0.80	60.00	Legume
Fava Beans (raw)	26.10	341	0.90	58.00	Legume

Food Source (raw)	Price (\$)	Calories	Protein (g)	Fat (g)	Category
Soy Milk	3.30	54	1.80	6.00	Dairy Alternative
Almond Milk	1.00	17	1.20	0.60	Dairy Alternative
Coconut Milk	2.30	230	24.00	6.00	Dairy Alternative
Hemp Milk	2.00	60	4.00	1.00	Dairy Alternative
Rice Milk	0.70	50	1.00	9.00	Dairy Alternative
Vegetable Protein Blend	20.00	350	7.00	35.00	Supplement
Beef Liver (raw)	20.00	175	5.00	0.00	Organ Meat
Chicken Liver (raw)	25.00	119	4.60	0.00	Organ Meat
Goose Liver (raw)	20.00	337	30.00	0.00	Organ Meat
Catfish (raw)	20.00	120	4.00	2.00	Fish
Tilapia (raw)	26.00	128	2.70	0.00	Fish
Barramundi (raw)	23.00	120	4.00	0.00	Fish
Rainbow Trout (raw)	20.00	148	6.00	0.00	Fish
Crayfish (raw)	18.00	70	1.00	0.00	Crustacean
Langoustine (raw)	20.00	110	2.50	0.00	Crustacean
Squid (raw)	15.00	92	1.40	0.00	Shellfish
Chia Seed Pudding	16.54	200	12.00	15.00	Snack
Protein Bar (average)	20.00	200	7.00	20.00	Snack
Energy Ball (average)	10.00	150	5.00	20.00	Snack
Walnut Milk	1.00	15	1.00	0.50	Dairy Alternative
Raw Almond Milk (homemade)	1.30	24	2.20	0.00	Dairy Alternative
Raw Coconut Yogurt	3.00	170	10.00	16.00	Dairy Alternative
Beet Greens (raw)	2.00	22	0.20	4.00	Vegetable
Broccoli (raw)	2.80	34	0.40	6.60	Vegetable
Spinach (raw)	2.90	23	0.40	3.60	Vegetable
Kale (raw)	4.30	49	0.90	8.80	Vegetable
Brussels Sprouts (raw)	3.40	43	0.30	9.00	Vegetable
Collard Greens (raw)	3.00	32	0.60	6.00	Vegetable
Swiss Chard (raw)	1.80	19	0.20	3.70	Vegetable
Cauliflower (raw)	1.90	25	0.30	4.90	Vegetable
Asparagus (raw)	2.20	20	0.20	3.70	Vegetable
Artichokes (raw)	3.30	47	0.20	10.50	Vegetable
Fennel (raw)	1.20	31	0.20	7.30	Vegetable
Green Beans (raw)	1.80	31	0.20	7.10	Vegetable
Napa Cabbage (raw)	1.40	12	0.10	2.20	Vegetable
Red Cabbage (raw)	1.40	31	0.20	7.00	Vegetable
Carrots (raw)	1.20	41	0.20	9.60	Vegetable
Cucumbers (raw)	0.70	16	0.10	3.80	Vegetable
Zucchini (raw)	1.20	17	0.30	3.10	Vegetable
Celery (raw)	0.70	16	0.20	3.00	Vegetable
Radishes (raw)	0.70	16	0.10	3.40	Vegetable
Turnips (raw)	1.00	28	0.10	6.40	Vegetable
Roots of Dandelion (raw)	2.70	74	0.30	15.80	Vegetable
Seaweed (nori)	35.00	35	0.50	50.00	Sea Vegetable
Alfalfa Sprouts (raw)	4.00	23	0.20	3.90	Sprout
Bean Sprouts (raw)	3.00	31	0.20	5.90	Sprout
Radish Sprouts (raw)	3.50	29	0.20	5.10	Sprout
Bamboo Shoots (raw)	2.50	27	0.20	5.30	Vegetable
Pea Shoots (raw)	3.00	35	0.50	6.00	Sprout
Sweet Corn (raw)	3.30	86	1.20	19.00	Vegetable
Green Peppers (raw)	1.00	20	0.20	4.70	Vegetable
Red Peppers (raw)	1.00	31	0.30	6.00	Vegetable
Orange Peppers (raw)	0.90	31	0.30	6.50	Vegetable

Tomatoes (raw)	0.90	18	0.20	3.90	Fruit
Potatoes (raw)	2.00	77	0.10	17.60	Vegetable
Sweet Potatoes (raw)	1.60	86	0.10	20.10	Vegetable
Fruit Smoothie (with protein)	8.00	150	2.00	25.00	Snack
Nut Smoothie (with protein)	10.00	200	10.00	20.00	Snack
Pea Protein Smoothie	24.00	130	2.00	5.00	Snack
Nut Milk (various)	2.00	50	3.00	6.00	Dairy Alternative
Fruit & Nut Mix	15.00	150	7.00	20.00	Snack
Homemade Granola Bars	10.00	190	5.00	25.00	Snack
Dried Seaweed Snacks	25.00	50	0.50	15.00	Snack
Rice Cakes (with protein)	2.00	35	0.10	7.20	Snack
Gluten-Free Bread	11.00	250	5.00	45.00	Bakery
Veggie Chips (with protein)	5.00	150	7.00	20.00	Snack
Homemade Protein Balls	12.00	180	6.00	15.00	Snack
Sweet Potato Chips (with protein)	4.00	150	5.00	20.00	Snack
Raw Veggie Platter (with dip)	3.00	50	1.00	10.00	Snack
Cucumber & Hummus	4.00	70	3.00	8.00	Snack
Raw Cashew Cheesecake	5.00	250	20.00	18.00	Dessert
Raw Chocolate (cacao)	8.00	500	44.00	30.00	Dessert
Raw Nut Bar	14.00	200	10.00	20.00	Snack
Pumpkin Seed Mix	30.00	160	14.00	8.00	Snack
Hemp Seed Pudding	24.00	290	20.00	25.00	Dessert
Nut-Crusted Veggies	8.00	100	5.00	10.00	Side Dish
Protein-Packed Salad	15.00	150	6.00	10.00	Main Dish
Raw Vegan Tacos	12.00	140	8.00	14.00	Main Dish
Peach & Almond Salad	6.00	100	5.00	10.00	Salad
Raw Energy Bites	8.00	120	4.00	18.00	Snack
Almond and Berry Bowl	10.00	250	12.00	35.00	Breakfast
Raw Chocolate Protein Balls	15.00	200	9.00	18.00	Snack
Mixed Nuts (raw)	18.00	650	55.00	18.00	Nut
Sesame Snack Bars	17.00	500	28.00	49.00	Snack
Hemp Seed Energy Bites	12.00	130	6.00	21.00	Snack
Carrot & Hummus Dip	5.00	50	3.00	9.00	Snack
Raw Pesto (with nuts)	10.00	150	14.00	5.00	Condiment
Zucchini Noodles (with nut sauce)	8.00	100	6.00	8.00	Main Dish
Raw Fruit Salad	2.00	60	0.40	15.00	Dessert
Raw Veggie Sushi	8.00	90	1.00	10.00	Main Dish
Raw Falafel	6.00	150	8.00	22.00	Main Dish