

# Top 10 Sources of Veggie Protein

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## Where do you get your protein?

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the **GIVE**  
project

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**Spinach**  
49% protein



**Kale**  
45% protein



**Broccoli**  
45% protein



**Cauliflower**  
40% protein



**Mushrooms**  
38% protein



**Parsley**  
34% protein



**Cucumbers**  
24% protein



**Green Pepper**  
22% protein



**Cabbage**  
22% protein



**Tomatoes**  
18% protein

### Protein in Meat:



**Beef**  
25.8% protein



**Chicken**  
23% protein



**Eggs**  
12% protein