Protein foods help us build body tissue and keep us full throughout the day. What protein foods are the best bang for our buck? For the most nutrition, eat a variety of protein foods!

- **Ground Beef**: 19g protein, Serving: 112g, $1.17/serving
- **Lamb**: 26g protein, Serving: 100g, $2.00/serving
- **Tofu**: 9g protein, Serving: 85g, $0.78/serving
- **Chicken (whole)**: 31g protein, Serving: 100g, $0.41/serving
- **Canned Black Beans**: 9g protein, Serving: 130, $0.33/serving
- **Ground Beef**: 19g protein, Serving: 112g, $1.17/serving
- **Lamb**: 26g protein, Serving: 100g, $2.00/serving
- **Tofu**: 9g protein, Serving: 85g, $0.78/serving
- **Chicken (whole)**: 31g protein, Serving: 100g, $0.41/serving
- **Canned Black Beans**: 9g protein, Serving: 130, $0.33/serving
- **Lentils**: 8g protein, Serving: 35g, $0.10/serving
- **Canned Tuna**: 10g protein, Serving: 56g, $0.88/serving
- **Eggs**: 8g protein, Serving: 1 egg, 63g, $0.17/serving
- **Sunflower Seeds**: 5.5g protein, Serving: 30g, $0.31/serving
- **Dried Black Beans**: 8g protein, Serving: 35g, $0.08/serving
- **Peanut Butter**: 7g protein, Serving: 2 Tbsp, 32g, $0.18/serving
- **Peanuts**: 7g protein, Serving: 32g, $0.08/serving
- **Chicken (whole)**: 31g protein, Serving: 100g, $0.41/serving
- **Frozen Fish**: 25g protein, Serving: 142g, $3.67/serving

**Solid Ground believes poverty is solvable.**
*We meet basic needs, nurture success, and spread change.*

**WEB:** solid-ground.org/get-help/food-resources

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