

PROTEIN



Almonds



Black beans



Cashews



Cheese



Chicken



Chickpeas



Cottage cheese



Edamame



Eggs



Greek yogurt



Haddock



Lentils



Milk



Peanut butter



Peanuts



Pork



Quinoa



Salmon



Tofu



Tempeh



Turkey



Tuna



Beef



Walnuts

Functionality Of Proteins In Foods

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