











































PROTEIN RICH FOODS

*Protein content per 100 grams

 SPIRULINA (dried) 57 g	 SHRIMP (cooked) 24 g	 EGGS (hard-boiled) 13 g	 EDAMAME (cooked) 12 g
 HEMP SEEDS 31 g	 HALIBUT (cooked) 23 g	 BISON (cooked) 28 g	 PISTACHIOS 20 g
 ALMONDS 21 g	 LEAN BEEF (cooked, 95% lean) 28 g	 VENISON (cooked) 26 g	 CASHEWS 18 g
 PUMPKIN SEEDS 30 g	 COD (cooked) 20 g	 GREEK YOGURT (plain, non-fat) 10 g	 SUNFLOWER SEEDS 20 g
 CHIA SEEDS 17 g	 TOFU (firm) 8 g	 LAMB CHOPS 20.4 g	 WALNUTS 15 g
 SEITAN (wheat gluten) 75 g	 LENTILS (cooked) 9 g	 SKIM MILK 3 g	 BRAZIL NUTS 14 g
 PEANUT BUTTER (smooth) 25 g	 CHICKPEAS (cooked) 9 g	 MACKEREL 24.6 g	 FLAXSEEDS 18 g
 TUNA (canned in water, drained) 25 g	 BLACK BEANS (cooked) 8 g	 MOZZARELLA CHEESE (part-skim) 23 g	 MACADAMIA NUTS 8 g
 CHICKEN BREAST (cooked, skinless) 31 g	 TEMPEH 19 g	 PARMESAN CHEESE 28 g	 PECANS 9 g
 TURKEY BREAST (cooked, skinless) 29 g	 QUINOA (cooked) 4 g	 CHEDDAR CHEESE (sharp) 25 g	 HAZELNUTS 15 g
 PORK TENDERLOIN (cooked) 25 g	 COTTAGE CHEESE (low-fat) 13 g	 SARDINES 20.3 g	 PEANUTS 14 g

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The Law Times ,1874 *Railway Signal* ,1891 *English Mechanic and Mirror of Science and Art* ,1874 **The Spectator** ,1889 **Congressional Record** United States. Congress,1969 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 *Notes and Queries* ,1872 The Churchman ,1878 Live Stock Journal ,1890
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