

# 37 OF THE BEST HIGH PROTEIN LOW CALORIE FOODS FOR WEIGHT LOSS

## Fruits

- Guava
- Avocado

## Dairy

- Non-Fat Cottage Cheese
- Swiss Cheese
- Gruyere Cheese
- Curd
- Yogurt

## Legumes, Grains & Nuts

- Cashews
- Almonds
- Edamame
- Lentils
- Oats
- Quinoa
- Navy Beans
- Green Peas
- Pumpkin Seeds
- Peanut Butter

## Meat, Fish & Eggs

- Eggs
- Tofu
- Shrimp
- Light Tuna
- Anchovies
- Salmon
- Halibut
- Ostrich
- Bison
- Turkey Breast
- Chicken Breast
- Lean Ground Beef
- Canadian Bacon

## Vegetables

- Mushrooms
- Spinach
- Sun-dried Tomatoes
- Artichokes
- Broccoli
- Cauliflower
- Kimchi (Chinese Cabbage)

