

Top 10 Improvised Emergency Protein Sources (for when all else fails)

Out of meat, dairy, or eggs?
Here are some common, unexpected items many of us
have at home for a quick shot of protein.

FOODS IN YOUR KITCHEN



Breakfast Cereals - 1-13g per cup



Spinach - 6g per cup



Frozen Peas - 8g per cup



Canned Lima Beans - 8g per cup



Parmesan Cheese - 38g per cup

FOODS IN YOUR YARD (REQUIRE PREPARATION)



Acorns - 13.6g per cup



Walnuts - 34g per cup



Hazelnuts - 34g per cup



Nettles - 3g per cup



Maple Seeds - 12g per cup (Estimate)