

Cheapest Protein and Dry Protein

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- [Edamame](#)
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Food Item	Approx. Cost per 20g Protein	Cost per Gram of Protein	Notes
Dried Lentils	\$0.30	\$0.015	Extremely cheap, high in fiber.
Dried Chickpeas	\$0.32	\$0.016	Among the cheapest per gram.
Dried Black Beans	\$0.66	\$0.033	Versatile, plant-based.
Canned Tuna	\$0.60	\$0.030	Shelf-stable, animal protein.
Chicken Thighs (bone-in, skin-on)	\$0.62	\$0.031	Cheapest meat option per gram.

Milk	\$0.65	\$0.033	Dairy option, also provides calcium.
peanuts	\$0.71	\$0.036	Cheapest nut protein.
Whole Milk	\$0.81	\$0.041	Slightly higher than skim.
String Cheese (Mozzarella)	\$0.88	\$0.044	Convenient dairy snack.
eggs	\$1.12	\$0.056	Prices vary, still affordable.
Whey Protein Powder	\$1.10	\$0.055	Convenient supplement.
Extra Firm Tofu	\$1.16	\$0.058	Plant-based, versatile.

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The short list

Folded in from a legacy Cheapest Proteins note, which was this list and nothing else: [Peanut Butter](#), [eggs](#), edamame, canned fish, [Sunflower Seeds](#), [Beans](#), [cottage cheese](#), whey protein, lentils, pumpkin seeds, and milk.