

# Protein Sources

## MEAT, POULTRY, FISH

6 oz ground turkey 33g  
6 oz chicken breast 39g  
6 oz chicken thigh 33g  
6 oz pork tenderloin 35g  
6 oz ground beef 35g  
4 oz roast beef 21g  
4 oz ahi tuna 29g  
6 oz salmon 32g  
6 oz shrimp 32g  
1 cup albacore tuna 15g  
1 egg 6g  
1 scoop protein powder 20g  
1 scoop collagen peptides 10g

## LEGUMES

1 cup lentils 18g  
1 cup black beans 15g  
1 cup kidney beans 13g  
1 cup chickpeas 12g  
1 cup pinto beans 12g  
1 cup black-eyed peas 16g  
1 cup split peas 16g

## NUTS, SEEDS

2 tbsp almond butter 6g  
1/4 cup almonds 8g  
1/4 cup cashews 5g  
1/4 cup pistachios 5g  
2 tbsp sunflower seeds 5g  
2 tbsp pumpkin seeds 3g  
2 tbsp flax seeds 3g  
2 tbsp chia seeds 6g  
2 tbsp hemp hearts 5g

## VEGETABLES

1 cup broccoli 5g  
1 cup sweet peas 8g  
2 cups raw spinach 2g  
2 cups raw kale 6g  
1 cup artichoke hearts 4g  
6 asparagus spears 2g  
1 cup mushrooms 2g  
1 medium sweet potato 2g  
1 russet potato 3g

## GRAINS

1 cup quinoa 8g  
1 cup rolled oats 6g  
1 cup buckwheat soba noodles 6g  
1 cup rice 4g  
1 cup buckwheat 6g  
1 cup amaranth 9g  
1 cup teff 7g

## FRUIT

1 cup guava 4g  
1 cup jackfruit 3g  
1 cup avocado 3g  
1 cup kiwi 2g  
1 cup blackberries 2g  
1 cup apricot 2g

Tips for attaining protein goals:

\*eat protein first

\*shoot for at least 30g at every meal

\*keep several prepared protein source options handy, such as meatballs, chicken thighs/breasts, ground turkey/beef for a quick taco salad, canned salmon/tuna, homemade protein balls

\*track occasionally to see where you fall

\*supplement with powders when needed, not as primary source, whole foods are always best