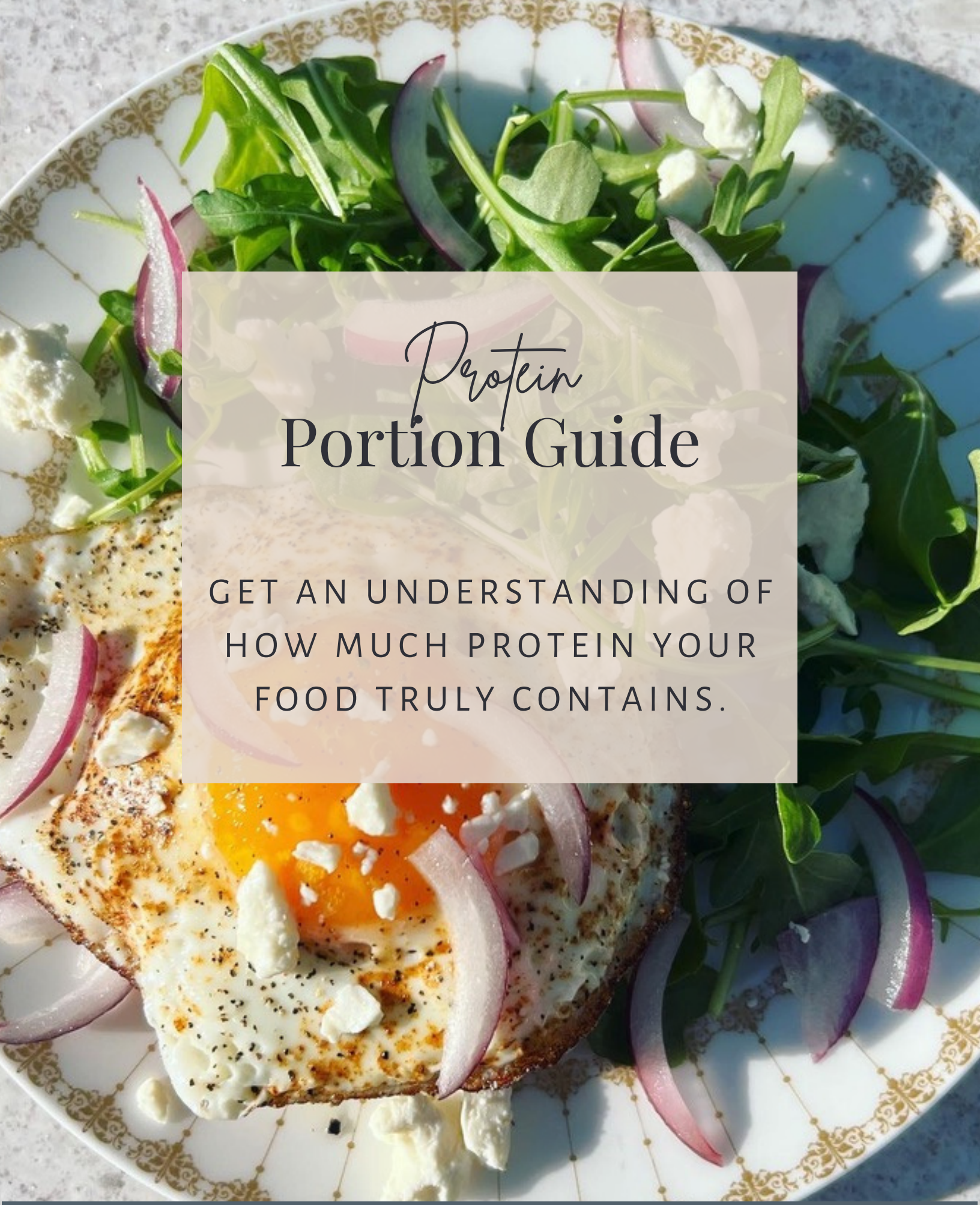

Protein Portion Guide

GET AN UNDERSTANDING OF HOW MUCH PROTEIN YOUR FOOD TRULY CONTAINS.

PROTEIN



ANIMAL/FISH

Item	Serving	Protein	Calories
Chicken Breast	3oz	28g	140
Egg	3oz	6g	70
Ham	3oz	14g	140
Lobster	3oz	16g	75
Salmon	3oz	22g	155
Scallops	3oz	14g	75
Shrimp	3oz	20g	100
Steak	3oz	26g	158
Tuna	3oz	22g	100
Turkey	3oz	25g	135

BEANS/LEGUMES

Item	Serving	Protein	Calories
Black Beans	1/2 cup	8g	115
Chickpeas	1/2 cup	7g	135
Edamame	1/2 cup	9g	95
Green Peas	1/2 cup	4g	60
Red Kidney Beans	1/2 cup	8g	110
Peanuts	1oz	12g	120
Nut butter	1Tbsp	7g	188

NUTS/SEEDS

Item	Serving	Protein	Calories
Almonds	1oz	6g	163
Cashews	1oz	4g	162
Chia Seeds	1oz	5g	140
Flaxseed	1oz	6g	140
Pistachio	1oz	6g	161
Pumpkin Seeds	1oz	9g	160
Soy Nuts	1oz	12g	120
Sunflower Seeds	1oz	6g	140
Walnuts	1oz	4g	185

DAIRY

Item	Serving	Protein	Calories
Cheddar	1oz	7g	110
Cottage Cheese	4oz	14g	80
Greek Yogurt	6oz	18g	100
Milk 1%	8oz	8g	100
Regular Yogurt	1 cup	11g	100

GRAINS

Item	Serving	Protein	Calories
Barley cooked	1/2 cup	6g	160
Quinoa cooked	1/2cup	4g	111
Rice cooked	1/2cup	4g	120
Whole grain bread	2 slices	10g	170

FRUITS/VEGE

Item	Serving	Protein	Calories
Apricot	1/2 cup	1g	40
Asparagus	1 cup	4.3g	30
Avocado	1/2 fruit	2g	150
Broccoli	1 cup	3.7g	30
Brussels Sprouts	1 cup	4g	40
Cantaloupe	1 cup	1.5g	60
Mushrooms	1 cup	4g	15
Spinach	1/2cup	1g	7