

PROTEIN SOURCES

Chicken

- ◆ 3.5 ounce Chicken Breast ~ 30 grams of protein
- ◆ Average Chicken Thigh ~ 10 grams of protein
- ◆ Average Chicken Drumstick ~ 11 grams of protein
- ◆ Average Chicken Wing ~ 6 grams of protein
- ◆ Ground Chicken 4oz ~ 35 grams of protein

Fish

- ◆ 3.5 ounce Cooked Fish Fillet or Fish Steak ~ 22 grams of protein
- ◆ 5 ounce Can of Tuna ~ 13 grams of protein
- ◆ 6 Medium Shrimp ~ 18 grams of protein
- ◆ 5 ounce foil pack of Salmon ~ 10 grams of protein

Beef

- ◆ Hamburger Patty 4oz ~ 28 grams of protein
- ◆ 3oz Steak ~ 21 grams
- ◆ Most cuts of beef ~ 7 grams of protein per ounce

Pork

- ◆ Pork Chop, average ~ 22 grams of protein
- ◆ Pork Lion or Tenderloin 4 oz ~ 29 grams of protein
- ◆ Ham 3 oz ~ 19 grams of protein
- ◆ Canadian-style bacon, slice- 5-6 grams of protein

Eggs and Dairy

- ◆ 1 Large Egg ~ 6 grams of protein
- ◆ 1/2 Cup Cottage Cheese ~15 grams of protein
- ◆ 1/2 Cup Ricotta Cheese ~ 16 grams of protein
- ◆ 6 oz Non Fat Plain Greek Yogurt ~ 12-17 grams of protein
- ◆ Soft Cheeses (Mozzarella, Brie, Camembert) ~ 6 grams of protein per ounce
- ◆ Medium Hard Cheeses (Cheddar, Swiss) ~ 7-8 grams of protein per ounce
- ◆ Hard Cheeses (Parmesan) ~ 10 grams of protein per ounce