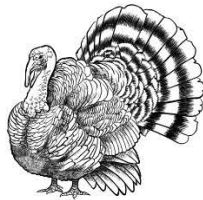
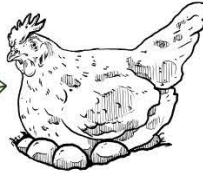


Protein Chart

Breast
5oz portion = 44g protein
1oz = 9g protein

Thigh
5oz portion = 34g protein
1oz = 7g protein

Egg
1 large egg = 6g protein

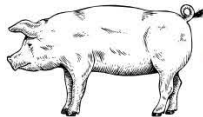
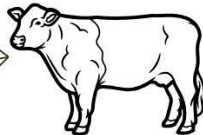


Breast
5oz portion = 41g protein
1oz = 8g protein

Filet Mignon
5oz portion = 37g protein
1oz = 7g protein

Ground Beef
5oz portion = 20g protein
1oz = 4g protein

Ribeye
5oz portion = 34g protein
1oz = 7g protein



Boneless Chop
5oz portion = 29g protein
1oz = 6g protein

Ground Pork
5oz portion = 33g protein
1oz = 7g protein

Tenderloin
5oz portion = 37g protein
1oz = 7g protein

Whitefish
5oz portion = 35g protein
1oz = 7g protein

Sardines
5oz portion = 28g protein
1oz = 7g protein

Tuna
5oz portion = 40g protein
1oz = 8g protein



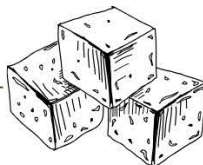
Cheddar
1oz = 7g protein = 2 TBSP

Feta
1oz = 4g protein = 2 TBSP

Parmesan
1oz = 11g protein = 2 TBSP

Cottage Cheese
5oz portion = 16g protein
1oz = 3g protein

Tofu
5oz portion = 11g protein
1oz = 2g protein



Protein Chart

Black Beans (canned)

5oz = 30.62g protein
1oz = 6.12g protein

Fava Beans (canned)

5oz = 13g protein
1oz = 1.5g protein



Pinto Beans (canned)

5oz = 9g protein
1oz = 2g protein

Kidney Beans (canned)

5oz = 9g protein
1oz = 2g protein

Lima Beans (canned)

5oz = 7g protein
1oz = 2g protein

Lentils (boiled)

5oz = 15g protein
1oz = 1.5g protein

Chickpeas (canned)

5oz = 15g protein
1oz = 3g protein



Snow Peas

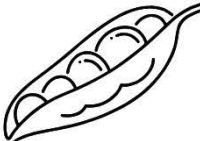
5oz = 6g protein
1oz = 1g protein

Green Peas (canned)

5oz = 4g protein = 1 cup
1oz = 1g protein

Green Beans

5oz = 3g protein
1oz = 0.5g protein



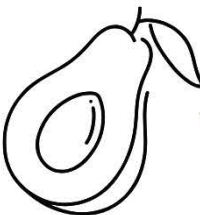
Broccoli

5oz = 4g protein
1oz = 0.8g protein



Avocado

1/2 medium avocado = 2g protein



Spinach

5oz = 4g protein
1oz = 0.9g protein = 1 cup



Healthy Fats

Avocados



Olive Oil



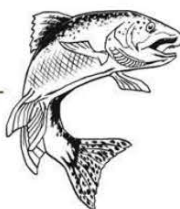
Nuts



Seeds



Salmon



Sardines



Pasture-Raised Butter



Smart Carbs

