



# Protein

<b>MEATS &amp; POULTRY</b>	<b>Serving size</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fat</b>
Chicken breast, boneless, skinless	4 oz	110	26	0	1
Chicken thighs, boneless, skinless	4 oz	160	19	0	10
Ground beef (80/20)	4 oz	290	19	0	23
Ground beef (92/8)	4 oz	160	21	0	9
Pork chop, boneless, center cut	4 oz	130	23	0	4
Beef flank steak	4 oz	150	19	2	7
Ground turkey (93/7)	4 oz	160	22	0	8
Deli turkey, oven roasted	3 slices (56g)	60	11	1	1
<b>DAIRY</b>	<b>Serving size</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Milk, skim	8 fl oz (240 mL)	80	8	12	0
Cottage cheese, lowfat, 2% milkfat	½ cup (113g)	90	13	5	2.5
Greek yogurt, plain, 0% milkfat	1 cup (227g)	120	23	7	0
Sliced cheese, mild cheddar	1 slice (21g)	80	5	0	7
<b>FISH</b>	<b>Serving size</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Salmon	4 oz	148	25	0	5
Tuna in water	¼ cup (56g)	40	8	0	2
<b>NUTS</b>	<b>Serving size</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Almonds	1 oz (28 almonds)	170	6	6	14
Pistachios, shelled	¼ cup (30 g)	170	6	8	14
Cashews	¼ cup (28 g)	160	5	8	13
<b>OTHER</b>	<b>Serving size</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Eggs, large	1 egg	70	6	0	5
Peanut butter, creamy	2 tbsp (33g)	190	7	8	16
Brussel sprouts	5 sprouts	45	3	8	0
Peas	½ cup (85g)	70	4	12	0
Edamame, edible portion	½ cup (85g)	110	9	12	3.5
Black beans	½ cup (130g)	110	7	21	0