

# PROTEIN CHEAT SHEET

Protein Type	Serving	Protein Per Serving
Chicken Breast	100g (equivalent to 1 small breast)	30g
Chicken Thigh	1 medium	15g
Ground Turkey	1 cup cooked	34g
Lean Ground Beef	1 cup cooked	31g
Steak	3oz (85g)	25g

# PROTEIN CHEAT SHEET

Protein Type	Serving	Protein Per Serving
Salmon	4oz (equivalent to a deck of cards)	25g
Tuna in water	1 can (120g)- drained	30g
Mahi Mahi	1 filet (100g)	20g
Cod	1 filet (100g)	19g
Sardines in oil	1 can (3.75 oz)- drained	23g

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Protein Type	Serving	Protein Per Serving
Cow's milk or Kefir	1 cup	8g
Greek Yogurt	1 cup	9g
Cheddar Cheese	1/2 cup diced	12g
Cottage Cheese	1 cup	26g
Egg	1 whole egg	6g

# PROTEIN CHEAT SHEET

Protein Type	Serving	Protein Per Serving
Tofu (extra firm)	3oz (100g)	15g
Tempeh	3 oz (100g) cooked	20g
Edamame	1/2 cup frozen	13g
Seitan	3 oz (100g)	22g
Quinoa	1 cup cooked	8g

# PROTEIN CHEAT SHEET

Protein Type	Serving	Protein Per Serving
Lentils	1 cup- cooked	16g
Chickpeas	1 cup- cooked	15g
Black Beans	1 cup- cooked	15g
Kidney Beans	1 cup- cooked	43g
Green Peas	1 cup- cooked	8g

# PROTEIN CHEAT SHEET

Protein Type	Serving	Protein Per Serving
Oats	1/2 cup- cooked	13g
Brown Rice	1 cup- cooked	5g
Farro	1/2 cup- uncooked	12g
Chickpea Pasta	2/3 cup- uncooked	12g
Whole Wheat Pasta	1 cup- cooked	7g

# PROTEIN CHEAT SHEET

Protein Type	Serving	Protein Per Serving
Pumpkin Seeds	1/4 cup	9g
Sunflower Seeds	1/4 cup	7g
Hemp Seeds	3 tbsp	10g
Chia Seeds	2 tbsp	5g
Nutritional Yeast Flakes	1 tbsp	2g

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Protein Type	Serving	Protein Per Serving
Almond	1/2 cup- whole	15g
Pistachio	1/2 cup- shelled	12g
Cashew	1/2 cup- whole	15g
Walnut	1/2 cup	10g
Pecan	1/2 cup	6g



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Protein Type	Serving	Protein Per Serving
Organic Peanut Butter	1 tbsp	4g
Natural Almond Butter	1 tbsp	3g
Sunflower Butter	1 tbsp	4g
Tahini	1 tbsp	3g