

PROTEIN

CHEAT SHEET

- 1 Cooked Chicken Breast ~ **43g**
- 1 Cooked NY Strip Steak ~ **46g**
- 1 Cooked Pork Chop ~ **22g**
- 1 lb. Cooked Ground Beef ~ **65g**
- 14 oz. Cooked Ground Turkey Patty ~ **23g**
- 1 Link Packaged Chicken Sausage ~ **13g**
- 3 oz. Cooked Salmon Fillet ~ **23g**
- 3 oz. Cooked Cod ~ **18g**
- 3 oz Shrimp ~ **20g**
- 3 oz Tuna Filet ~ **25g**
- 1 can of Tuna ~ **26g**
- 1 Egg ~ **6g**
- 3 TBSP Egg Whites ~ **6g**
- 3 Links Chicken Breakfast Sausage ~ **10g**
- 4 slices Deli Turkey ~ **10g**
- 4 sliced Deli Chicken ~ **10g**
- Mini Archer Beef Sticks ~ **4g**
- 1/2 Cup Quinoa ~ **4g**
- 1/2 Cup Lentils ~ **9g**
- 1/2 Cup Cooked Spinach ~ **3g**
- 1 Cup Edamame ~ **17g**
- 1 Cup Bone Broth ~ **10g**
- 1 Cup Greek Yogurt ~ **13g**
- 1 Cup Cottage Cheese ~ **25g**
- 1 Cup Regular Yogurt ~ **11g**
- 1 oz Mozzarella ~ **7g**
- 1 String Cheese Stick ~ **7g**
- Protein Bars ~ **20g**
- Protein Shake ~ **25g**
- 2 TBSP Peanut Butter ~ **8g**