

Protein Sources

Serving size, protein per serving, and the nutrient edge each one brings.



PROTEIN
GUIDE



Meat & Poultry

COMPLETE, LEUCINE-RICH



Chicken Breast

4 oz cooked · lean, complete protein

31g



Turkey Breast

4 oz cooked · very lean, low fat

26g



Sirloin Steak

4 oz cooked · iron + creatine

25g



Pork Tenderloin

4 oz cooked · lean, B vitamins

26g



Lean Ground Beef (93/7)

4 oz cooked · B12 + zinc

24g



Ground Beef 85/15 Drained & Rinsed

4 oz cooked · rinsed in hot water

21g



Seafood

LEAN PROTEIN + OMEGA-3S



Salmon

4 oz cooked · omega-3s + vitamin D

25g



Shrimp

4 oz cooked · lean, almost no fat

24g



Canned Tuna

1 can (5 oz drained) · lean, omega-3s

30g



Cod / Tilapia

4 oz cooked · lean, low calorie

23g



Sardines

1 can (3.75 oz) · calcium + vitamin D

22g



Dairy & Eggs

EASY EVERYDAY WINS



Eggs

2 large · complete + choline

12g



Egg Whites

4 large · pure protein, no fat

14g



Greek Yogurt

¾ cup (6 oz) · probiotics + calcium

17g



Cottage Cheese

1 cup · slow-release casein

25g



Milk

1 cup · calcium + vitamin D

8g



Cheddar Cheese

1 oz · calcium-dense

7g



Plant-Based

FIBER COMES FREE



Edamame

1 cup shelled · complete protein

18g



Lentils

1 cup cooked · 15g fiber too

18g



Tempeh

3 oz · fermented, complete

17g



Black Beans / Chickpeas

1 cup cooked · fiber + iron

15g



Tofu (firm)

4 oz · complete, low cal

12g

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