

Protein Sources

SERVING SIZE	PROTEIN SOURCES	GRAMS OF PROTEIN	KCAL	PROTEIN OZ.	DAY'S TALLY
Lean Meats					
3 oz.	Chicken Breast	26	140	3 oz.	_____
3 oz.	Chicken Thigh- no skin	19	140	3 oz.	_____
3 oz.	Chicken Sausage	14	150	2 oz.	_____
3 oz.	Turkey light meat	19	135	3 oz.	_____
3 oz.	Turkey ground 90% lean	14	122	2 oz.	_____
3 oz.	Turkey deli meat	14	90	2 oz.	_____
3 oz.	Turkey Sausage	23	195	3 oz.	_____
2 oz.	Turkey Bacon	8	140	1 oz.	_____
2 oz.	Canadian Bacon	10	70	2 oz.	_____
3 oz.	Beef 95% lean sirloin	24	160	3 oz.	_____
3 oz.	Beef ground, 95% lean	22	140	3 oz.	_____
3 oz.	Pork Loin, chop	24	177	3 oz.	_____
Fish Seafood					
3 oz.	Fish- tuna, haddock, salmon, etc.	20	100	3 oz.	_____
3 oz.	Shrimp/Shellfish	17	80	3 oz.	_____
3 oz.	Scallops	22	120	3 oz.	_____
Dairy					
½ cup	Cottage Cheese <i>low fat</i>	14	80	2 oz.	_____
½ cup	Ricotta Cheese <i>low fat</i>	14	113	2 oz.	_____
1 oz.	Cheese <i>low fat</i>	8	100	1 oz.	_____
1 oz.	Cheese Stick mozzarella <i>made with 1%</i>	7	85	1 oz.	_____
6 oz.	Yogurt- <i>light, low fat</i>	5-7	80-100	1 oz.	_____
4 oz.	Greek Yogurt- <i>light, low fat</i>	15	100	2 oz.	_____
1 cup	Milk- <i>skim or 1%</i>	8	80-100	1 oz.	_____
Eggs					
2	Egg Whites	7	35	1 oz.	_____
1	Hardboiled	6	80	1 oz.	_____
¼ cup	Egg beaters	6	30	1 oz.	_____
Beans/Legumes					
1 cup	Lentil Soup	9	150	1 oz.	_____
½ cup	Refried Beans no fat	7	120	1 oz.	_____
½ cup	Beans (variety)	7	100	1 oz.	_____
½ cup	Split Peas	8			_____
½ cup	Soybeans	15	120	2 oz.	_____
2 tbsp	Peanut Butter/other nut butters	8	200	1 oz.	_____
Meatless/Vegetarian/Soy Products					
1	Vegetarian meatless Burger	15	130	2 oz.	_____
2	Morning Star® sausage links	9	80	1 oz.	_____
1 cup	Soy Milk	7	100	1 oz.	_____
3 oz.	Tofu or Tempe	15	117	2 oz.	_____
1 oz.	Nuts/Seeds	6-8	150	1 oz.	_____
¼ cup	Dried Soy Nuts	15-17	150	1 oz.	_____
½ cup	Quinoa	4	120	½ oz.	_____