

PROTEIN....

FOOD SOURCE	AMOUNT PROTEIN
Lean meats, poultry, eggs:	Per 3 ounce serving (unless otherwise stated)
Skinless chicken breast	26 grams
Yellowfin tuna	25 grams
Lean ground beef	25 grams
Turkey breast	24 grams
Lean pork	22 grams
Sockeye salmon	22 grams
Rainbow trout	17 grams
Eggs	6 grams per large egg
Dairy products:	
Greek yogurt	20 grams (1 cup serving)
Cottage cheese	14 grams (1/2 cup serving)
Parmesan cheese	10 grams (1 ounce)
Milk (skim, 1%, 2%, whole)	8 grams (1 cup)
Swiss cheese	7.6 grams (1 ounce)
Mozzarella cheese (whole milk)	6.3 grams (1 ounce)
Legumes and other plant-based foods:	
Firm tofu	17 grams
Lentils (boiled)	12 grams (1/2 cup)
Hemp Hearts	10 grams (3 tbsp.)
Chickpeas (boiled)	7.5 grams (1/2 cup)
Kidney beans (boiled)	7.5 grams (1/2 cup)
Walnuts	7.5 grams (1/4 cup)
Pumpkin seeds	7.25 grams (1/4 cup)
Almonds	7 grams (1/4 cup)
Dry roasted chickpeas	6 grams (1/3 cup)
Quinoa	4 grams (1/2 cup cooked)
Peanut butter	4 grams (1 tbsp.)
Almond butter	3.4 grams (1 tbsp.)
Avocado	2.7 grams (1 avocado, 136 grams)
Hummus	2 grams (2 tbsp.)