

# PROTEINS CHEAT SHEET

**NOTE:** Individual Recommended Daily Protein Intake will vary dependent on various factors, including age, weight activity levels, etc. *Reach out to me if you would like some help determining your best protein needs.*

The RDA for Protein is unfortunately not a good guide for how much protein we should eat. It is the amount you need to meet your basic nutritional requirements. Basically, just enough to keep you from being malnourished or sick

CATEGORY	FOOD EXAMPLES	SERVING SIZE	PROTEIN PER SERVING	CALORIES (APPROX.)
<b>MEAT AND POULTRY</b>	Chicken breast	3 ounces	26 grams	165 calories
	Lean beef	3 ounces	22 grams	180 calories
	Turkey breast	3 ounces	26 grams	125 calories
	Pork tenderloin	3 ounces	22 grams	120 calories
	Lamb chops	3 ounces	23 grams	235 calories
<b>FISH AND SEAFOOD</b>	Salmon	3 ounces	22 grams	155 calories
	Tuna	3 ounces	20 grams	100 calories
	Shrimp	3 ounces	18 grams	85 calories
	Cod	3 ounces	15 grams	90 calories
	Sardines	3 ounces	21 grams	180 calories
<b>DAIRY PRODUCTS</b>	Greek yogurt	1 cup	23 grams	130 calories
	Cottage cheese	1/2 cup	14 grams	100 calories
	Milk	1 cup	8 grams	100 calories
	Cheddar cheese	1 ounce	7 grams	110 calories
<b>LEGUMES</b>	Lentils	1/2 cup	9 grams	120 calories
	Chickpeas	1/2 cup	7 grams	110 calories
	Black beans	1/2 cup	7 grams	110 calories
	Kidney beans	1/2 cup	8 grams	100 calories
	Soybeans	1/2 cup	14 grams	150 calories
	Split peas	1/2 cup	8 grams	120 calories
<b>NUTS AND SEEDS</b>	Almonds	1/4 cup	8 grams	160 calories
	Chia seeds	2 tablespoons	4 grams	60 calories
	Pumpkin seeds	1/4 cup	8 grams	180 calories
	Peanut butter	2 tablespoons	8 grams	190 calories
	Cashews	1/4 cup	5 grams	160 calories
	Flaxseeds	2 tablespoons	4 grams	80 calories
<b>EGGS AND EGG PRODUCTS</b>	Whole eggs	1 large egg	6 grams	80 calories
	Egg whites	1/4 cup	7 grams	30 calories
	Hard-boiled eggs	1 large egg	6 grams	80 calories
	Egg protein powder	2 tablespoons	20-25 grams	90 calories
<b>GRAINS AND CEREALS</b>	Quinoa	1/2 cup	4 grams	110 calories
	Oats (cooked)	1 cup	5 grams	170 calories
	Brown rice	1/2 cup	2.5 grams	110 calories
	Whole wheat bread	1 slice	3-4 grams	90 calories
	Bulgur	1/2 cup	3.5 grams	80 calories
	Barley	1/2 cup	3 grams	100 calories
<b>PLANT-BASED PROTEINS</b>	Tofu	1/2 cup	10 grams	90 calories
	Tempeh	1/2 cup	15 grams	160 calories
	Edamame	1/2 cup	11 grams	95 calories
	Seitan	1/2 cup	34 grams	120 calories