

# PROTEIN SOURCES

Source	Serving	Protein	Fat	Carbs
Beef (Ground, 85% lean)	3oz cooked	18	12	0
Beef (Ground, 95% lean)	3oz cooked	26	5	0
Beef Jerky (Original, Jack Links)	3oz	39	3	12
Bison (Ground)	3oz cooked	22	7	0
Chicken (Breast, No Skin)	3oz cooked	19	1	0
Chicken (Thigh, No Skin)	3oz cooked	22	9	0
Cottage Cheese (Fat free, Great Value)	1 cup	28	0	14
Cottage Cheese (2%, Great Value)	1 cup	24	5	10
Crab	3oz cooked	17	1	0
Deli Meat (Black Forest Ham, Dietz & Watson)	3oz	18	1	0
Deli Meat (Chicken Breast, Dietz & Watson)	3oz	17	3	0
Deli Meat (Pepperoni, Dietz & Watson)	3oz	21	18	0
Deli Meat (Roast Beef, Dietz & Watson)	3oz	18	3	0
Deli Meat (Turkey, Dietz & Watson)	3oz	18	1	0
Duck (No Skin)	3oz cooked	20	10	0
Egg Whites	3tbsp	5	0	0
Eggs (Large)	1 large	6	5	0
Fish (Cod)	3oz cooked	19	1	0
Fish (Halibut)	3oz cooked	23	3	0
Fish (Salmon)	3oz cooked	19	11	0
Fish (Snapper)	3oz cooked	22	1	0
Fish (Tilapia)	3oz cooked	22	3	0
Fish (Tuna, canned)	3oz	18	1	0
Fish (Tuna, filet)	3oz cooked	20	3	0
Greek Yogurt (0%, plain, Fage)	1cup	23	0	9
Greek Yogurt (2%, plain, Fage)	1cup	23	4.5	9
Greek Yogurt (Full fat, plain, Fage)	1cup	18	10	8
Lobster	3oz cooked	16	1	0
Pork (Chop, Boneless)	3oz cooked	23	5	0
Pork (Ground, 96% lean)	3oz cooked	27	5	0
Protein Powder (Optimum Nutrition, Vanilla)	31g (1 scoop)	24	1	2
Scallops	3oz cooked	20	1	0
Shrimp	3oz cooked	18	1	0
Steak (Top Sirloin)	3oz cooked	26	4	0
Steak (Strip)	3oz cooked	24	6	0
Tofu	3oz cooked	7	4	1
Turkey (Ground, 90% lean)	3oz cooked	15	8	0
Turkey (Ground, 93% lean)	3oz cooked	17	6	0
Turkey (Ground, 99% lean)	3oz cooked	21	1	0