



How much protein is in your diet?



1 cup of Chicken Breast - 43 grams

1 cup of Ground Beef 70% lean - 65 grams

8oz Sirloin - 53 grams

1 cup of Brisket - 48 grams

1 cup of Pork - 61 grams

1 Salmon Fillet - 80 grams

1 Boiled Egg - 6 grams

1 cup of Greek Yogurt - 22.7 grams

1 cup of Milk - 8 grams

1 cup of Oats - 26.35 grams

1 cup of Almonds - 30.4 grams

1 cup of Pecans - 10 grams

1 cup of Peanut Butter - 65 grams

1 cup of Almond Butter - 52 grams

1 cup of Black Beans - 15.24 grams

1 cup of Cottage cheese - 25 grams

1 cup of Peas - 8 grams

1 cup of Avocado - 4 grams

