

# High Protein Sources

Cherokee Family  
HEALTHCARE 



Chicken Breast  
(3 oz) - 26g



Turkey Breast  
(3 oz) - 25g



Lean Beef  
(3 oz) - 22g



Pork Loin  
(3 oz) - 22g



Salmon  
(3 oz) - 20g



Tuna  
(3 oz) - 22g



Eggs  
(2 large) - 12g



Shrimp  
(3 oz) - 20g



Greek Yogurt  
(1 cup) - 20g



Mozzarella  
(1 oz) - 7g



Cottage Cheese  
(1 cup) - 28g



Milk  
(1 cup) - 8g



Tofu  
(1/2 cup) - 10g



Edamame  
(1 cup) - 17g



Lentils  
(1 cup) - 18g



Quinoa  
(1 cup) - 8g



Black Beans  
(1 cup) - 15g



Chickpeas  
(1 cup) - 15g



Peanut Butter  
(2 tbsp) - 8g



Almonds  
(1 oz) - 6g

# Protein Powders

Protein content per 1 scoop

Cherokee Family  
HEALTHCARE 



Whey Protein Isolate  
25g



Casein Protein  
24g



Whey Protein Concentrate  
20g



Soy Protein  
22g



Pea Protein  
21g



Hemp Protein  
15g



Rice Protein  
24g



Egg White Protein  
24g



Collagen Protein  
18g



Milk Protein Isolate  
26g



Mixed Plant Protein  
(e.g., pea and rice blend)  
20g



Pumpkin Seed Protein  
20g



Sunflower Seed Protein  
13g



Brown Rice Protein  
24g



Quinoa Protein  
12g