

#ProteinPower

Cheat Sheet

Protein Shopping List: (with links to some of my favorite brands)

Meats:

- Bison
- Chicken
- Lamb
- Turkey
- Eggs
- Egg whites
- Pork (tenderloin, pork chops)
- Beef (lean, ground round or sirloin=best)
- Bacon (nitrate-free—Whole Foods/Central Market)
- Sausage (nitrate-free-Applegate Farms brand=good choice)
- Deli meats (nitrate-free, Applegate Farms is good brand)
- Wild Game (reindeer, venison, rabbit, alligator, emu, elk, kangaroo, buffalo)
- Organ meats (heart, liver, tongue)

Dairy:

- Greek Yogurt
- Protein Yogurt ([Oikos](#))
- Cottage Cheese ([Good Culture](#))
- Cheese ([laughing cow](#))

Snacks:

- [Quest Chips](#) (Target has best variety Quest products)
- [Legendary poptarts](#) (Walmart or Target)
- Protein shakes: I like the [OWYN Protein shakes](#) pre packaged (Found at BJs bulk)
- Protein Bars: [Think Thin](#) are my go-to (found everywhere)
- [Magic Spoon Cereal](#) (Costco Family size 9\$ vs Target small box 8\$)
- Protein Powder: I use [Axe n Sledge](#)
- Collagen Protein: [Vitals](#)

Already Prepped meals:

Food Service Meals - [Ideal Nutrition](#)

Protein Goal Examples:

EXAMPLES ON HOW TO HIT VARIOUS *PROTEIN GOALS*

BREAKFAST:

- 6 oz Shrimp

LUNCH:

- 10 Chicken Nuggets

DINNER:

- 6 oz 90% Beef

SNACK:

- Greek Yogurt
- 35g Jerky

TOTAL = 120G PROTEIN

BREAKFAST:

- 5 Chicken Sausages
(1 = 11g protein)

LUNCH:

- 8 oz Shrimp

DINNER:

- 8 oz NY Strip Steak

SNACKS:

- Dave's Killer Bread
- Plain Bagel

TOTAL = 150G PROTEIN

BREAKFAST:

- 3 Eggs
- 5 oz NY Strip Steak

LUNCH:

- 7 oz Salmon

DINNER:

- 15 Chicken Nuggets

SNACKS:

- 30g Protein Powder
- Greek Yogurt

TOTAL = 170G PROTEIN

BREAKFAST:

- 8 oz Pulled Pork

LUNCH:

- 5 Chicken Sausages

DINNER:

- 8 oz Chicken

SNACKS:

- Greek Yogurt
- 3 Hard Boiled Eggs
- Protein Bar

TOTAL = 200G PROTEIN

MORE EXAMPLES ON HOW TO HIT VARIOUS *PROTEIN GOALS*

BREAKFAST:

- 1 Egg
- 2 Egg Whites
- 2 Thick Bacon

LUNCH:

- 5 oz 96% Bison

DINNER:

- 6 oz Chicken

SNACK:

- Greek Yogurt

TOTAL = 120G PROTEIN

BREAKFAST:

- 2 Egg
- 1 Egg Whites
- 2 Thick Bacon

LUNCH:

- 7 oz Chicken Thighs

DINNER:

- 7 oz Salmon

SNACKS:

- 30g Protein Powder
- Greek Yogurt

TOTAL = 150G PROTEIN

BREAKFAST:

- 2 Eggs, 2 Egg Whites
- 1 Thick Bacon

LUNCH:

- 7 oz Salmon

DINNER:

- 8 oz 90% Bison

SNACKS:

- Protein Bar
- Greek Yogurt
- 30g Protein Powder

TOTAL = 170G PROTEIN

BREAKFAST:

- 2 Eggs,
- 1 Egg Whites
- 2 Thick Bacon

LUNCH:

- 8 oz 90% Bison

DINNER:

- 10 oz Chicken

SNACKS:

- 60g Protein Powder

TOTAL = 200G PROTEIN