

High Protein Foods

Meat and Poultry

- Chicken breast (3 oz): 26g
- Turkey breast (3 oz): 25g
- Lean ground turkey (3 oz): 22g
- Beef (lean cuts, 3 oz): 22g
- Pork tenderloin (3 oz): 22g

Fish and Seafood

- Salmon (3 oz): 22g
- Tilapia (3 oz): 22g
- Shrimp (3 oz): 20g
- Tuna (canned in water, 3 oz): 20g
- Cod (3 oz): 20g

Dairy and Eggs

- Greek yogurt (nonfat, 1 cup): 20g
- Cottage cheese (low-fat, 1 cup): 28g
- Cheddar cheese (1 oz): 7g
- Parmesan cheese (1 oz): 10g
- Milk (1 cup, 1% fat): 8g

Plant-Based Proteins

- Tofu (firm, 3 oz): 10g
- Tempeh (3 oz): 16g
- Edamame (1 cup, cooked): 17g
- Lentils (1 cup, cooked): 18g
- Chickpeas (1 cup, cooked): 15g

Plant-Based Proteins

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- Tempeh (3 oz): 16g
- Edamame (1 cup, cooked): 17g
- Lentils (1 cup, cooked): 18g
- Chickpeas (1 cup, cooked): 15g

Nuts and Seeds

- Peanuts (1 oz): 7g
- Almonds (1 oz): 6g
- Chia seeds (2 tbsp): 5g
- Pumpkin seeds (1 oz): 7g
- Hemp seeds (3 tbsp): 10g

Grains

- Quinoa (1 cup, cooked): 8g
- Oats (1/2 cup, dry): 5g
- Whole-wheat bread (1 slice): 5g
- Brown rice (1 cup, cooked): 5g
- Barley (1 cup, cooked): 3g

Protein Supplements

- Protein bar (varies by brand, average): 10-20g
- Protein powder (1 scoop): 20-30g