



PROTEIN:

TIPS:

- It is recommended to aim to eat about 80-100g of protein per day
- Most plant based proteins do not have a complete amino acid profile, making them incomplete unless paired together.
 - Examples of complimentary proteins: Grains + legume or Nuts/seeds + legumes
 - Quinoa, soy, hemp seed, and chia seed are all complete plant based sources
- Aim to get foods high in the amino acid taurine if trying to conceive
 - Examples: shellfish

ANIMAL SOURCES:

Source:	Serving Size:	Grams of Protein:
Chicken breast, organic	4oz	26g
Beef steak, grass fed organic	4oz	26g
Ground beef, organic grassfed (93/7)	4oz	25g
Salmon, wild	4oz	23g
Ground turkey, organic (93/7)	4oz	23g
Sardines, canned wild	4.5oz	21g
Turkey, organic	4oz	20g
Shrimp (most shellfish)	3oz	19g
Greek Yogurt	1 cup	19g
Cottage cheese	½ cup	17g
Hard cheese	1oz	7g
Egg, organic	1 egg	6g



PLANT SOURCES:

Source:	Serving Size:	Grams of Protein:
Chickpea pasta	3.5oz	23g
Lentils, cooked	1 cup	17g
Edamame	1 cup	17g
Chia seeds	3.5oz	16.5g
Black beans, cooked	1 cup	15g
Soy, tofu organic	3oz	12g
Hempseed, raw shelled	3tbsp	10g
Peanut butter	2tbsp	9g
Quinoa, cooked	1 cup	8g
Peas, cooked	1 cup	8g
Almonds	¼ cup	7g
Spinach, cooked	1 cup	5g
Chia seeds	2tbsp	4g
Potato, baked	1 medium	4g
Broccoli	1 cup	4g

PROTEIN POWDER:

Brand:	Grams/Serving:
Truvani (organic)	20g
Flavcity	25g

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Just Ingredients	22g
Equip	21g