

Source	Protein	Fats	Carbs
4 oz. of ground turkey	22g	8g	0g
4 oz of chicken	22g	2g	1g
4 oz. of salmon	21g	8g	0g
2 eggs	12.6 g	9.5g	0.7g
1 cup of egg whites	26g	0g	2g
Chicken sausage (2)	28g	14g	4g
4 oz. of shrimp	28g	0g	0g
4 oz. ground beef	23g	9g	0g
4 oz. Tilapia	20g	2g	0g
4 oz. tofu	14g	7g	5g
Turkey burgher (1)	21g	9g	0g
4 oz. ground chicken	20g	9.2g	0g
4 oz scallops	22.7g	0.9g	6g
Veggie burgher (1)	12g	2g	10g