

Boring Fuel	Serving Size	Protein (g)	Calories	Key Nutrients / Notes
Chicken Breast	3 oz (85g)	30	~140	Lean, high in B vitamins, very low fat
Turkey Breast	3 oz	25	~135	Lean, high protein, low calorie
Tuna	3 oz	25	~110	Very lean, high protein
Lean Beef	3 oz	22	~180	Iron, B12, creatine
Pork (lean)	3 oz	22	~180	Thiamine, zinc
Salmon	3 oz	22	~175	Omega-3 fats, vitamin D
Shrimp	3 oz	20	~85	Low calorie, selenium
Greek Yogurt (plain)	6 oz	20	~100	Probiotics, calcium
Lentils (cooked)	1 cup	18	~230	Fiber, iron
Edamame	1 cup	17	~190	Complete plant protein
Tempeh	1/2 cup	15	~160	Fermented, gut-friendly
Cottage Cheese	1/2 cup	14	~100	Casein protein, calcium
Tofu (firm)	1/2 cup	10	~90	Complete protein, low calorie
Hemp Seeds	3 tbsp	10	~170	Complete protein
Milk (low-fat)	1 cup	8	~100	Calcium, vitamin D
Black Beans	1/2 cup	8	~115	Fiber, carbs for energy
Chickpeas	1/2 cup	8	~120	Fiber, iron
Kidney Beans	1/2 cup	8	~110	Fiber, potassium
Quinoa (cooked)	1 cup	8	~220	Complete protein, magnesium
Peanut Butter	2 tbsp	8	~190	Fats + protein combo
Cheese (cheddar/mozz)	1 oz	7	~110	Calcium, fat-dense
Peanuts	1 oz	7	~170	Affordable, calorie-dense
Pumpkin Seeds	1 oz	7	~150	Magnesium, zinc
Eggs (whole)	1 large	6	~70	Complete protein, choline
Almonds	1 oz	6	~165	Healthy fats, vitamin E
Oats (dry)	1/2 cup	5	~150	Fiber, slow carbs
Brown Rice	1 cup	5	~215	Energy source, low fat
Chia Seeds	2 tbsp	5	~140	Omega-3, fiber
Whole Wheat Bread	1 slice	4	~80	Carbs + small protein
Egg Whites	1 large	3.5	~17	Pure protein, no fat