

Protein 30 grams cheat sheet



SIRLOIN STEAK 6.1 OZ



BLACK BEANS COOKED 2 CUPS



GRILLED SALMON 5.4 OZ



CHICKEN BREAST 4.2 OZ / THIGHS 5.6 OZ



VANILLA GREEK YOGURT 1.5 CUPS



STAR KIST CAN TUNA 1.5 CANS

These are many types of protein these are just a few. I used my app called "Macros" to look up information. You may find different information depending on the brand you use.

-Rebekah



5 Large eggs 31.5 grams

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