



LEAN PROTEIN

CONTAINING FOODS (4oz)

		CALORIES	PROTEIN
	BEEF (EXTRA LEAN GROUND)	278	28g
	MACKEREL (WILD ATLANTIC FILLET)	232	21g
	EGGS (SCRAMBLED)	240	15g
	CHICKEN (BONELESS SKINLESS BREAST)	184	34g
	VENISON (BONELESS STEAK)	170	33g
	SARDINES (CANNED IN WATER / DRAINED)	166	18g
	LAMB (LEAN SIRLOIN LEG)	152	23g
	DUCK (WILD MEAT)	150	20g
	PORK (LEAN TENDERLOIN)	136	23g
	SALMON (WILD BAKED OR BROILED)	130	18g



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* BE MINDFUL OF SUGAR CONTENT / REVIEW APPROVED PACKAGED FOODS

		CALORIES	PROTEIN
	HALIBUT (WILD ATLANTIC AND PACIFIC)	125	23g
	TUNA (WILD YELLOWFIN)	122	26g
	SHRIMP (PEELED AND DEVEINED)	120	23g
	CRAB (WILD CAUGHT)	119	23g
	TURKEY (BONELESS SKINLESS BREAST)	118	19g
	GREEK YOGURT TRADITIONAL PLAIN*	110	4g
	LOBSTER (WITHOUT SHELL / COOKED)	109	22g
	COTTAGE CHEESE (LOWFAT 2% MILKFAT)	102	15g
	COD (WILD ATLANTIC FILLET)	93	20g
	CLAMS (WILD CAUGHT)	84	14g