



## High Protein Cheat Sheet

### Animal-Based Sources

- Chicken breast (4 oz) → 26g protein
- Ground turkey (4 oz) → 22g
- Lean beef (4 oz, 90/10) → 23g
- Eggs (1 large) → 6g
- Egg whites (3 tbsp / ~1 egg white) → 3g
- Greek yogurt (1 cup, plain, nonfat) → 20g
- Cottage cheese (1 cup, low-fat) → 28g
- Tuna (1 can, in water) → 25g
- Salmon (4 oz) → 22g

### Dairy & Protein Products

- Whey protein (1 scoop) → 20–25g
- Fairlife milk (1 cup) → 13g
- Cheese stick (1) → 6–7g

### Plant-Based Sources

- Tofu (½ block / 150g) → 18g
- Tempeh (1 cup) → 31g
- Lentils (1 cup, cooked) → 18g
- Black beans (1 cup, cooked) → 15g
- Chickpeas (1 cup, cooked) → 15g
- Edamame (1 cup) → 17g
- Quinoa (1 cup, cooked) → 8g

### Snack Options

- Beef jerky (1 oz) → 9–10g
- Protein bar → 15–20g (varies)
- Roasted chickpeas (1 oz) → 6g
- Pumpkin seeds (1 oz) → 9g
- Peanut butter (2 tbsp) → 8g
- Almonds (¼ cup) → 7g

### High Protein Meals/Examples

- 1 scoop whey (25g) + 1 cup Greek yogurt (20g) + handful almonds (5g) → 50g
- 1 scoop whey (25g) + 6 oz chicken breast (26g) → 51g
- 2 scoops whey (48g) + splash almond milk (2g) → 50g
- 1 can tuna (25g) + ½ cup cottage cheese (13g) + 2 boiled eggs (12g) → 50g

### Breakfast Style

- 3 eggs (18g) + 1 cup egg whites (26g) + 2 turkey sausage links (6g) → 50g
- 1 cup cottage cheese (26g) + 2 Tbsp peanut butter (8g) + 1 scoop whey (16g) → 50g
- Overnight oats: ½ cup oats (5g) + 1 scoop whey (25g) + ¾ cup Greek yogurt (20g) → 50g

### Lunch / Dinner Mix

- 4 oz salmon (25g) + ½ cup quinoa (10g) + 1 cup edamame (15g) → 50g
- 5 oz ground turkey (30g) + ½ cup black beans (9g) + 2 oz cheese (11g) → 50g
- 6 oz chicken breast (32g) + 1 cup lentils (18g) → 50g

### Plant-Based Mix

- 1 block tempeh (30g) + ½ cup lentils (9g) + 3 Tbsp hemp seeds (11g) → 50g
- 1 scoop vegan protein powder (20g) + 1 cup edamame (17g) + 1 Tbsp peanut butter (6g) + ½ cup oats (7g) → 50g