

PROTEIN-RICH FOOD SOURCES

AIM FOR 60- 80 GRAMS PER DAY

Food	Portion Size (ready to eat)	Protein (grams)	Calories
Poultry, Beef, and Pork			
Chicken, white meat (grilled, baked, broiled), no skin	1 ounce	7g	35
Chicken, dark meat (leg, thigh, wing), no skin	1 ounce	8g	60
Beef (lean ground sirloin)	1 ounce	9g	50
Pork (leanest: pork tenderloin)	1 ounce	8g	50
Canadian Bacon	1 ounce	7g	50
Deli meats (turkey, chicken, lean roast beef, lean ham)	1 ounce	5g	30-40
Turkey, ground (85% fat)	1 ounce	8g	70
Turkey, ground (97% fat free)	1 ounce	6g	30
Milk/Cheese/Dairy Products			
Milk: skim/fat-free, 1% or fat-free Lactaid®	8 ounces	8g	90-110
Soy milk (plain, fat-free)	8 ounces	6g	70
Kefir (low-fat)	8 ounces	14g	180
Light yogurt (fat-free, sugar-free)	6 oz container	5g	60-90
Greek style yogurt (fat-free) (e.g. Oikos®, Fage®, Chopani®)	5 oz container	13g	80-90
Light Cheese Sticks	1 stick	5-8g	60-90
Shredded cheese (low-fat)	¼ cup	7g	80
Cottage cheese (fat-free or low-fat)	½ cup	14-15g	80-100
Ricotta cheese (part-skim)	¼ cup	7g	90
Eggs			
Egg	1	6g	75
Egg white (no yolk)	1	4g	20
Egg substitutes	¼ cup	6g	30
Fish			
White fish (cod, tilapia, orange roughy)	1 ounce	6-7g	30-35
Salmon	1 ounce	6g	60
Tuna fish (packed in water)	1 ounce	7g	35
Shrimp, lobster	1 ounce	6g	30
Beans and Lentils			
Lentils	½ cup	9g	100
Beans (kidney, navy, black beans, lima etc.)	½ cup	7g	100
Refried beans (fat-free), Hummus	½ cup	6g	100
Chili with beans (drained)	½ cup	10g	150
Soy Products			
Edamame (soybeans)	½ cup	11g	125
Tofu, firm	2 ounces	9g	80
Tofu, soft-silken	½ cup	7g	70
Veggie Burgers (Boca Burgers, Morningstar Farms)	2-4 oz patties	10-17g	140-210
Soy crumbles (such as Boca® Ground Burger)	2 ounces	13g	60
Nuts *high in fat, watch portion sizes			
Natural peanut butter	2 tbsp	8g	210
Natural peanut butter, reduced fat	2 tbsp	9g	200
Almond butter	2 tbsp	3g	200
Peanuts, Almonds	¼ cup	8-9	200
Walnuts, Cashews	¼ cup	4g	160
Pistachios	¼ cup	6g	170

PROTEIN BARS AND PROTEIN SHAKES

Product	Calories	Protein	Sugar	Fiber	Where to Buy
Protein Bars					
Medifast® bars	110 cal	11g	5g	4g	Online – www.lifeweigh.com
Atkins™ Advantage	170-230	10-19	1g	5-11g	Walgreens, Wal-Mart, Target, by pharmacy in grocery store
Atkins™ Daybreak	150 cal	11g	1g	8g	Walgreens, Wal-Mart, Target, by pharmacy in grocery store
Slim Fast® High Protein Meal Bar	200 cal	15g	8g	2g	Walgreens, Wal-Mart, Target, by pharmacy in grocery store
South Beach® Diet Bar	140 cal	10g	6-7g	3g	Walgreens, Wal-Mart, Target, by granola bars in grocery store
South Beach® Meal Bar	210 cal	19g	0-1g	6g	Walgreens, Wal-Mart, Target, by granola bars in grocery store
Muscle Milk® Light Bar	170 cal	15g	9g	4g	Dominicks, Target, Vitamin Shoppe, GNC
EAS AdvantEDGE® Carb Control Bar	230 cal	17g	2g	5g	Walgreens, Wal-Mart, Target, GNC, Vitamin Shoppe
EAS Myoplex® Lite	190 cal	15g	10g	5g	Walgreens, Wal-Mart, Target, GNC, Vitamin Shoppe
Snickers Marathon® Nutrition Bar (not energy or protein bar)	150 cal	10g	10g	7g	Sam's Club, Wal-Mart
DeTour® Lower Sugar Bar	170 cal	15g	3g	1g	Vitamin Shoppe, GNC, Costco
Protein Shakes					
Medifast® shakes	100 cal	11g	9g	4g	Online – www.lifeweigh.com
Atkins™ Advantage shakes	150 cal	15g	1g	3g	Walgreens, Wal-Mart, Target, by Pharmacy in grocery store
Slim Fast Low® Carb	190 cal	20g	1g	4g	Walgreens, Wal-Mart, Target, by pharmacy in grocery store
Slim Fast® High Protein	190 cal	15g	13g	5g	Walgreens, Wal-Mart, Target, by pharmacy in grocery store
Muscle Milk® Light	160 cal	20g	0g	5g	Dominicks, Target, Vitamin Shoppe, GNC
EAS Myoplex® Light	170 cal	20g	1g	5g	Walgreens, Wal-Mart, Target, GNC, Vitamin Shoppe
EAS Myoplex® ADVANTedge	110 cal	17g	0g	1g	Walgreens, Wal-Mart, Target, GNC, Vitamin Shoppe
Boost® Glucose Control	190 cal	16g	4g	3g	Walgreens, Wal-Mart, Target, by pharmacy in grocery store
Special K® Protein shake	190 cal	10g	18g	5g	All grocery stores, Wal-Mart, Target