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| **Protein Food** | **Portion Size** | **Grams of Protein** |
| **Meats** | The size and weight of an iPhone  (3oz) | About 23g of protein |
| Chicken |
| Turkey |
| Fish |
| Beef |
| Pork |
| Bacon | 5 slices | 12g |
| Shrimp | 8 med shrimp | 20g |
| Tuna | 1 can | 25g |
| **Dairy** |  |  |
| Greek Yogurt | 1 cup | 12-17g |
| Milk | 1 cup | 8g |
| Cheese Stick | 1 stick | 6g |
| **Meat Substitute** |  |  |
| Tofu | ½ cup | 10g |
| **Other** |  |  |
| Peanut Butter | 2 Tbsp | 8g |
| Nuts/Seeds | ¼ cup | 7g |
| Eggs | 1 egg | 6g |
| **Incomplete\*** |  |  |
| Soy Beans | ½ cup | 14g |
| Black Beans | ½ cup | 9g |
| Hummus | ½ cup | 8g |
| Quinoa | 1 cup | 8g |