

High *Protein*

Food Chart

35 FOODS • SERVING SIZES • PROTEIN CONTENT

MEAT & POULTRY



Grass-Fed Steak

4 oz

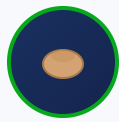
26g



Grilled Chicken

3 oz

26g



Turkey Breast

3 oz

25g



Pork Tenderloin

3 oz

22g



Ground Beef

3 oz

21g

FISH & SEAFOOD



Salmon Fillet

3 oz

20g



Tuna

3 oz • in water

22g



Shrimp

3 oz

18g



Scallops

3 oz

17g



Mussels

3 oz

18g

DAIRY & EGGS



Greek Yogurt

1 cup

23g



Cottage Cheese

1 cup

25g



Parmesan Cheese

1 oz

10g



Hard-Boiled Eggs

2 eggs

12g



Cheddar Cheese

1 oz

7g

PLANT-BASED PROTEINS



Lentils

1 cup cooked

18g



Black Beans

1 cup cooked

15g



Firm Tofu

3 oz

15g



Edamame

1 cup

17g



Seitan

3 oz - wheat gluten

21g

NUTS & SEEDS



Almonds

1/4 cup

8g



Pumpkin Seeds

1/4 cup

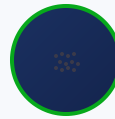
9g



Walnuts

1/4 cup

5g



Hemp & Chia Seeds

2 tbsp

7g



Pistachios

1/4 cup

6g

WHOLE GRAINS & SMART CHOICES



Quinoa

1 cup cooked

8g



Amaranth

1 cup cooked

9g



Protein Pancakes

3 small

15g



Chickpea Pasta

2 oz dry

14g



Sprouted Grain Bread

2 slices

10g

PANTRY STAPLES & ESSENTIALS



Tempeh

1/4 cup

8g



Roasted Peanuts

1/4 cup

9g



Peanut Butter

2 tbsp

8g



Protein Bar

1 bar

20g



Milk

1 cup

8g



Daily Protein Target: Aim for 0.8–1g of protein per pound of bodyweight. A 150 lb woman should target **120–150g daily** spread across 4–5 meals for optimal muscle preservation, satiety, and metabolic health.

