

High Protein Sources



Cottage Cheese
28g per 1 cup



Chicken Breast
26g per 3 oz



Turkey Breast
25g per 3 oz



Lean Beef
22g per 3 oz



Pork Loin
22g per 3 oz



Tuna
22g per 3 oz



Salmon
22g per 3 oz



Cod
20g per 3 oz



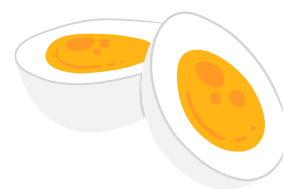
Shrimp
20g per 3 oz



Greek Yogurt
20g per 1 cup



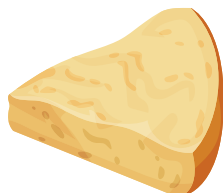
Crab
17g per 3 oz



Eggs
12g per 2 eggs



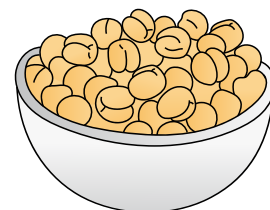
Tofu
10g per 1/2 cup



Parmesan
10g per 1 oz



Lentils
9g per 1/2 cup



Chickpeas
8g per 1/2 cup



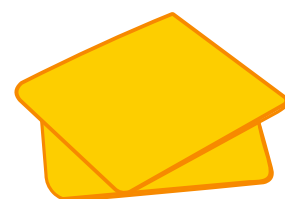
Milk
8g per 1 cup



Quinoa
8g per 1 cup



Peanuts
8g per 1 oz



Cheddar
7g per 1 oz