

POWER YOUR DAY WITH PROTEIN

Vegan

Beans (1/2 cup) 7 g
Buckwheat (1/2 cup) 3 g
Lentils (1/2 c) 9 g
Nuts (1/4 cup) 5-9 g
Nut Butter (2 T) 8 g
Oatmeal (1/2 cup)
Quinoa (1/2 cup) 8 g
Seeds (1/4 cup) 6-9 g
Sorghum (1/2 cup) 4 g
Soy Milk (1 cup) 8 g
Tofu (1/2 cup) 10 g
Vegan Protein Powder (1 scoop) 15-20 g
Whole Grain Bread (1 slice) 3-6 g

Vegetarian

Cheese (1 oz) 7 g
Cottage Cheese (1/2 cup) 14 g
Cow's Milk (1 cup) 8 g
Egg (1 large) 6 g
Goat's Milk (1 cup) 9 g
Greek Yogurt (1/2 cup) 12 g
Parmesan Cheese (1 oz) 11 g
Whey Protein Powder (1 scoop) 21 g
Yogurt (1/2 cup) 6 g

Omnivore

Bacon* (2 slices) 6 g
Beef* (3 ounces) 22 g
Canadian Bacon* (2 slices) 11 g
Chicken (3 oz) 27 g
Ham* (3 oz) 18 g
Salmon/Fish (3 oz) 23 g
Sausage* (3 oz) 12 g
Turkey (3 oz) 15g
Turkey Bacon* (3 oz) 15 g

Tips!

- Aim for 20-30 grams at breakfast, and distribute protein intake throughout the day.
- *Limit processed meats & red meat to 1-2 servings per week or less.
- Choose organic/pastured/grass-fed options whenever possible for dairy, eggs, and meat.