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) 15 g  
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.