

My daily protein requirement: _____

	Portion Size	Grams of Protein
Meat		
Beef/Turkey Jerky	1 oz dried	10-15
Beef, Chicken, Turkey, Pork, Lamb	1 oz	7
Bone Broth (varies among brands)	8 oz	7-10
Fish, Tuna Fish	1 oz	7
Imitation Crab Meat	1 oz	3
Seafood (Crabmeat, Shrimp, Lobster)	1 oz	6
Egg	1	6
Milk and Dairy		
Milk, skim or 1%	8 oz	8
Silk Protein- Almond and Cashew milk	8 oz	10
Yogurt, fat free, light	6 oz	5
Greek yogurt, plain or flavored	5 oz	12-18
Cheese, hard (low fat)	1 oz	7
American cheese (low fat)	1 slice (0.7oz)	5
Cottage cheese, Ricotta (part skim)	½ cup	14

**Legumes and
Nuts**

Lentils	½ cup	9
Lima beans	½ cup	7
Kidney, Black, Navy, Cannellini beans	½ cup	8
Refried beans	½ cup	6
Hummus	⅓ cup	7
Chili with beans, drained	½ cup	10
Edamame	1 cup	14
Peanut butter	2 Tbsp	7
Nuts	1 oz	4-6
Sunflower seeds	1 oz	5

About 2 Tablespoons (Tbsp) or 1 oz of meat is, visually, the size of 1/3 of a deck of cards and provides about 7 grams of protein. A whole deck of cards would equal 3 ounces and provide about 21 grams of protein.

*Protein content of foods may vary slightly depending on manufacturer. For most accurate information please check the nutrition label on the packaging.