

# Main Protein Sources

EACH SERVING GIVES YOU APPROXIMATELY 15-20 G OF PROTEIN

Make sure you eat a minimum of 3 servings per day but depending on your weight and level of exercise you may need to eat 4 or 5 – Make sure to use the calculation given to you in the guide!

**Animal Protein** – *should be grilled, baked or roasted. Fish can also be poached.*

- 3-4 oz beef (very lean), buffalo, venison, elk
- 3 – 4 oz of Leg of lamb (lean roast)
- 3 to 4 oz Chicken Breast
- 3 – 4 oz Turkey
- 3 – 4 oz Fish, shellfish
- $\frac{3}{4}$  cup fish canned in water
- Eggs – 2 whole eggs or 3 egg whites + 1 whole egg
- $\frac{2}{3}$  cup egg substitute

## Vegetable Protein

- 4 oz - Soy burger
- 3 oz or  $\frac{1}{2}$  cup Tempeh
- Tofu – 5 to 6 oz or 1 cup of fresh or 2 to 3 oz cube (baked)
- Protein powder – min. 15 g protein

**Dairy** – *keep these to a minimum due to fats.*

- $\frac{3}{4}$  cup low fat Cottage Cheese
- Mozzarella (part skim or nonfat) – 2 oz or  $\frac{1}{2}$  cup shredded
- 6 tbsp grated parmesan cheese (grated)
- $\frac{1}{2}$  cup ricotta (part skim or nonfat)
- 6 oz of non fat, plain greek yogurt

**1 serving = approx. 150 calories**