

30 Days of Power - Protein Cheat Sheet

You have set your daily protein requirements based on your fat free mass, your goal and your activity level. Now you can use this cheat sheet to help you to quantify your meals protein requirement.

Get beyond the chicken breast!!

FOOD	SERVING SIZE	PROTEIN GRAMS
CHICKEN BREAST	½ MEDIUM BREAST	29G
SALMON FILLET	1 85G FILLET	20G
STEAK	1 SMALL STEAK	30G
LAMBS LIVER	100G	20G
EGGS	1 LARGE	6G
COTTAGE CHEESE	1 SMALL CUP	28G
FULL FAT GREEK YOGURT	1 X 200G CONTAINER	20G
VENISON	1 MEDIUM PATTY	25G
TURKEY	PER 100G	20G
ALMONDS	22 NUTS	6G
COD	1 FILLET	20G
TUNA	1 CAN	42G