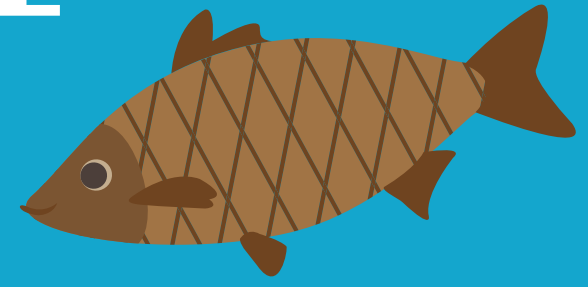


Protein



How Much?

Measuring Your Protein

A gram of protein on the food scale is NOT a gram of the macro nutrient of protein. For example, as you can see in the chart, every protein option has a slightly different weight to get 25 grams of protein.

How much protein do you need?

0.7 - 0.8 grams of protein per pound of GOAL weight. For example, if you want to be 150 lbs, you'll want to have between 105-120 grams of protein DAILY. Split this up throughout the day.

Your body can digest about 25-30 g of protein at a time. Keep serving sizes to this amount.

Tips

4 oz of meat is about the size of a deck of cards

Options

25 Grams of Protein

Protein Source	Grams	Ounces
Roast turkey (white meat)	175	6.5
Broiled flank steak	90	3.2
Raw chicken breast	80	3
Raw pork chop	125	4.5
Raw lean ground beef	125	4.5
Canned tuna	110	3.5
Smoked salmon	110	3.5
Raw salmon	125	4.5
Raw oysters	25 count	-
Precooked shrimp	110	3.5
Raw lobster	125	4.5
1% cottage cheese	200	9
2 % Greek yogurt	300	11 fluid oz
1% cow's milk	750 ml	25 fluid oz
Mozzarella cheese	140	5
Feta cheese	150	5.5
Eggs (hard boiled)	5 count	
Egg white	300 ml	10 fluid oz
Tempeh (cooked)	140	5
Firm Tofu	300	11
Cooked quinoa	550	20
Average whey protein powder (read label)	1 scoop	

