



HIGH PROTEIN FOOD LIST

Protein-Rich Food	Serving Size	Grams of Protein
Beef (cooked ground or steak)	3 oz.	23 grams
Chicken Breasts	4 oz.	31 grams
Pork (chops or tenderloin)	3 oz.	20 grams
Salmon	3 oz.	21 grams
Cod	3 oz.	15 grams
Eggs	1 large	6 grams
Almonds/Almond Butter	1 oz./ 2 Tablespoons	7 grams
Cooked Beans/Legumes	1/2 cup	7 grams
Edamame	1 cup	17 grams
Tempeh	1 cup	31 grams
Tofu	1/2 cup	10 grams