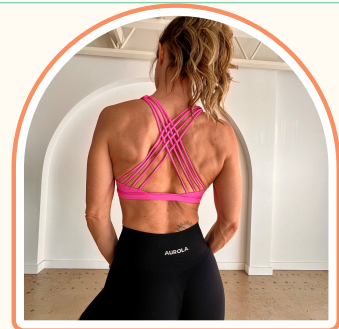


# PROTEIN CHEAT SHEET

Amounts can vary slightly by brand and sourcing



EDAMAME

17 g /1 cup



EGGS

6g/1 egg



TUNA

20g/4oz



CHICKEN BREAST

43g/1 cup chopped



COTTAGE CHEESE

25g/1 cup whole fat



GROUND BEEF

31g/1 cup lean



TOFU

20g/1 cup



LENTILS

18g/1 cup



GREEK YOGURT

13g/1 cup non-fat

Maintain:  
1g/lb body weight daily

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Active/Building:  
1.5-2g/lb body weight daily

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