



SPRING AHEAD NUTRITION & WELLNESS

PROTEIN GUIDE

ANIMAL-BASED

BEEF (LEANER CUTS)	35g/cup
CHICKEN BREAST	38g/cup
CHICKEN SAUSAGE	28g/cup
CHICKEN THIGHS	30g/cup
COD	20g/cup
COTTAGE CHEESE	28g/cup
EGGS (WHOLE)	6g/egg
EGG WHITES	26g/cup
GREEK YOGURT	20g/cup
HAM	30g/cup
LAMB	28g/cup
PORK CHOPS	38g/cup
SALMON	40g/cup
SHRIMP	30g/cup
TILAPIA	45g/cup
TUNA	40g/cup
TURKEY BREAST	40g/cup
WHEY PROTEIN	20g/scoop

PLANT-BASED

BLACK BEANS	15g/cup
CHICKPEAS	14g/cup
CHICKPEA PASTA	
EDAMAME BEANS	17g/cup
HEMP SEEDS	54g/cup
KIDNEY BEANS	15g/cup
LENTILS	18g/cup
LIMA BEANS	
NAVY BEANS	
NUTRITIONAL YEAST	36g/cup
PEAS	8g/cup
PINTO BEANS	15g/cup
PLANT PROTEIN	20g/cup
QUINOA	8g/cup
SEITAN	63g/cup
SOY MILK	7g/cup
TEMPEH	31g/cup
TOFU	20g/cup
WHEAT PASTA	7g/cup
WILD RICE	7g/cup