

Protein Sources and Amount of Protein They Provide

Poultry/Pork/ Beef, cooked	1 ounce (about the size of a boiled)	7 g protein
Tuna or Chicken canned	1/4 cup	7 g protein
Egg	1 medium	7 g protein
Cheese	1 ounce or equal to 3 playing dice cubes	7 g protein
Cottage Cheese	1/4 cup	17 g protein
Milk (skim, low fat, whole)	1 cup	8 g protein
High Protein Milk (Fairlife)	1 cup	13 g protein
Greek Yogurt, Plain	1 cup	14 g protein
Peas/Beans (all except green)	1 cup	17 g protein
Green Peas	1/2 cup	4 g protein
Tofu	1/4 cup	6 g protein
Edamame	1/2 cup	9 g protein
Lentils	1/2 cup	9 g protein
Nut Butters	2 Tbsp	6 g protein
Nuts (any kind)	1/4 cup	4-9 g protein
Chickpeas	1/2 cup	7 g protein
Quinoa, cooked	1/2 cup	4 g protein
Steel Oats, cooked	1/2 cup	2 g protein
Protein Powder	1 scoop	10-15 g protein