

Protein Sources:

Salmon (fresh/frozen) 3 oz - 17 grams	Whey Protein 1 scoop – 20-25 gms
Sockeye salmon 1 can - 17 grams	1 egg white 7 grams
Cod 3 oz – 15 grams	Skim milk 1 Cup – 12 grams
Can of tuna 170 gram can – 25 grams	Cottage cheese, lowfat (2%) 1 Cup - 31 grams
Chicken breast 4 oz – 25 grams	Cheddar, swiss, mozzarella, brick 1 oz - 8 grams
Steak 4 oz – 28 grams	Cottage cheese 1 Cup – 25 grams
Almonds, cashews, pistachios 1/4 Cup (app. 20 nuts) –7 grams	Yogurt 1 Cup – 13 grams
Sunflower seeds 1 Cup – 34 grams	Soy Milk 1 Cup – 7 grams
Peanut Butter 1 TBSP – 4 grams	Soybeans 1 Cup – 34 grams