

# PROTEIN SOURCES CHART

(nutrition facts per 100g of each item)

**CHICKEN  
BREAST**



29g protein

**EGG**



19g protein  
(3 eggs)

**COTTAGE  
CHEESE**



12g protein

**PORK CHOP**



25g protein

**GREEK  
YOGURT**



25g protein  
1 cup

**LEAN BEEF**



29g protein

**SALMON**



14g protein

**CHICKEN  
DRUMSTICK**



24g protein

**CHICKEN  
THIGH**



23g protein

**AHI TUNA**



29g protein

**BLACK BEANS**



9g protein

**LENTILS**



9g protein

**CHICKPEAS**



9g protein

**PEAS**



5g protein

**PUMPKIN  
SEEDS**



18g protein

**TOFU**



10g protein

**SHRIMP**



23g protein

**BISON**



24g protein

**NY STRIP**



25g protein

**RIB EYE**



25g protein

# Guide Chart

**DJ Losen**



**Guide Chart:**

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