

Based on the ADA & CDC calculators, you should eat about _____ g protein / day, or _____ g / meal.

Protein Content of Foods

Meat, Poultry, Eggs:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Chicken, skinless	3	141	28
Ground beef (90% lean)	4	199	23
Steak (lean)	4	212	32
Steak (ribeye)	4	280	22
Turkey, roasted	3	135	25
Lamb	3	172	23
Pork loin, boneless	3	210	23
Pork sausage, fresh	3.5 (1 sausage)	300	15
Ham	3	139	14
Bacon	1 slice	44	3
Turkey bacon	1 slice	35	2
Egg, large	1 egg	71	6
Egg white powder	1 scoop (33g)	115	24

Seafood:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Salmon	3	155	22
Tuna	3	99	22
Shrimp	3	101	20
Sardines in olive oil (canned, drained)	3	190	20
Halibut	3	94	19
Lobster	3	76	16
Scallops	3	75	14

Dairy Products:

Food	Serving Size	Calories	Protein (g)
Whey protein powder (Reserveage)	1 scoop (26g)	106	20
Greek Yogurt 2%	1 cup	170	23
Cottage Cheese 2%	1 cup	200	31
Regular Yogurt 2%	1 cup	154	13
Ricotta cheese 2%	1 cup	339	28
Kefir (plain, 2%)	1 cup	110	11
Milk, Skim	1 cup	86	8
Soy milk	1 cup	132	8
String Cheese (0%)	1 piece (¾ oz)	50	6
Cheddar (whole)	1oz	114	7
Blue cheese (whole)	1oz	100	6

Legumes, Grains, Vegetables:

Name of Food (Cooked)	Serving Size (cup)	Calories (mostly from healthy carbs)	Protein (g)*
Pinto Beans	½	197	11
Adzuki Beans	½	147	9
Lentils	½	101	9
Edamame	½	95	9
Black Beans	½	114	8
Red Kidney Beans	½	112	8
Chickpeas (garbanzos)	½	134	7
Chickpea hummus	½	218	6
Black-eyed Peas	½	100	7
Fava Beans	½	94	7
Wheat Berries	½	151	6
Tofu (firm)	3oz	70	8 (complete)
Tofu (silken)	3oz	48	4 (complete)
Imitation-meat burger	4oz	260	23
Seitan (wheat protein)	3oz	120	21
Quinoa	½	111	4 (complete)
Buckwheat	½	75	3 (complete)
Oats (rolled, raw)	½	150	6
Ezekiel bread	1 slice	80	4 (complete)
LTF low-carb tortilla	1 large	90	8 (complete)
Whole grain pasta	½	88	4
Brown rice	½	108	2½
Rice & black beans	1	220	3½ (complete)
Spelt, teff	½	123	5
Peas, green	½	59	4
Spinach, cooked	½	41	3

*With some exceptions (marked “complete”), plant protein is does not contain all essential amino acids). Legumes are low in lysine, grains are low in methionine. Combining them yields complete protein; see [this article](#) about how to combine plant proteins to make them complete. **Note:** These combinations can be high in carbs & calories.

Nuts and Seeds*:

Food	Serving Size	Calories (mostly from healthy fat)	Protein (g)
Plant-based protein powder (Garden of Life)	4 tbsp (30g)	140	20
Soy Nuts	1 oz	120	12
Pumpkin Seeds	1 oz	159	9
Peanuts	1 oz	166	7
Peanut Butter	1 Tbsp	188	7
Almonds	1 oz	163	6
Pistachios	1 oz	161	6
Flax Seeds	1 oz	140	6
Sunflower Seeds	1 oz	140	6
Hemp Seeds	1 oz	160	10
Chia Seeds	1 oz	138	5
Walnuts	1 oz	185	4
Cashews	1 oz	162	4

Meal planning for protein (examples)

Meal	Day 1	Day 2	Day 3
Breakfast	Bircher muesli (overnight oats) : ½ cup kefir (6g), ½ cup Greek yogurt (11g) with 2 tbsp oats (3g), 1/3 cup berries, 2 tbsp pecan nuts (1g) TOTAL: 21g	2 Wasa crackers (4g) topped with ½ avocado (1g), 2 scrambled eggs (12g) and 3 oz smoked salmon (22g) TOTAL: 39g	Berry-protein smoothie made with 1½ cups kefir (16g) and 1 serving whey protein powder (25g), berries, 2 tsp almond butter (2g) TOTAL: 43g
Snack	1 apple with 1 tbsp peanut butter (7g) TOTAL: 7g	1 glass kefir (1½ cups) on ice TOTAL: 16g	½ cup steamed/ microwaved edamame beans (shelled) TOTAL: 9g
Lunch	Chicken Greek salad: 4 oz chicken breast (34g) on a bed of lettuce, tomatoes, cucumber, olives, 1 oz feta cheese (4g), olive oil dressing TOTAL: 38g	Bean salad: 3 oz tuna (22g) with ½ cup white beans (10g), 1 hard-boiled egg (6g) TOTAL: 38g	Middle-eastern lentil stew (2 cups = 18g) with arugula topped with 1oz feta cheese (5g) TOTAL: 23g
Snacks	Oatmega bar TOTAL: 14g	1 fresh peach (1.4g) with ¼ cup almonds (7.6g) TOTAL: 9g	Carrots with ½ cup blue-cheese (1oz = 6g) and Greek yogurt (11g) dip TOTAL: 17g
Dinner	6oz salmon (34g) with braised vegetables TOTAL: 34g	4 oz bison meatballs (34g) with minty yogurt dressing (6g) in tomato sauce on spaghetti squash TOTAL: 40g	Mediterranean fish stew (each serving contains about 3 oz salmon & cod (22g) and 1/3 cup shrimp and mussels (20g)) TOTAL: 42g
Dessert	3 chocolate-peanut clusters (about 3g)	3 small squares dark chocolate (1g)	1 serving vanilla ice cream with fresh strawberries (5g)
TOTAL	117g	143g	139g