

50 GRAMS OF PROTEIN

1 SOURCE

MULTIPLE SOURCES

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Almonds - 1.5 cups kernels	BREAKFAST		
Beef (80% ground) - 7.5 oz	6 large eggs (37)	2 slices cheese (13)	
Beef jerky - 5.25 oz.	7 small eggs (33)	1.5 cups (dry) oatmeal (15)	
Beef (roast) - 6 oz.	2 links 3 oz. Italian sausage (33)		2 cups (dry) oatmeal (20)
Beans (ave. all types) - 3.5 cups	2 links turkey sausage (27)	1.5 cup Kashi cereal (15) w/8 oz. milk (8)	
Bratwurst - 4.5 x 3 oz. links	5 small egg omelet (24)	2 oz. cheese (12)	14 oz. milk (14)
Cashews - 10 oz.	3 large egg omelet (19)	1.5 cups 0% Greek plain yogurt (30)	
Cheese (American) - 8 x 1 oz. slices	5 links 0.8 oz. pork sausage (23)	1.5 cup Kashi cereal (15) w/8 oz. milk (8)	
Cheese (cheddar) - 7 oz.	LUNCH/DINNER		
Chicken breast - 8 oz.	6 oz. chicken breast (37)	1.5 cups quinoa (14)	
Chicken thighs - 9 oz.	6 oz. roast beef (41)	1 cup green peas (9)	
Cottage cheese 1% - 1.75 cups	1 scoop whey isolate protein powder (25)		24 oz. milk (25)
Edamame - 2.25 cups	6 oz. ground beef (40)	1 cup sorghum (11)	
Eggs - 11 small	4 oz. sirloin steak (35)	.75 cup edamame (17)	
Eggs - 8 large	6 oz. salmon (37)	2 cups couscous (12)	
Ham (cured) - 7.5 oz.	6 oz. chicken thighs (33)	0.7 cup blackeye peas (8)	8 oz. milk (8)
Lentils - 3 cups	4.5 oz. tuna (in oil) (37)	1.5 cups quinoa (14)	
Meatballs (Italian) - 25	8.5 oz. ground turkey (41)	1.5 cups couscous (9)	
Milk 2% - 50 oz.	6 oz. chicken breast (37)	1 cup pinto beans (15)	
Milk whole - 50 oz.	1.75 3 oz. links Italian sausage (28)		1 cup edamame (22)
Peanut butter - 14 tbsp	5 oz. tilapia (29)	.5 cup white beans (9)	12 oz. milk (12)
Peanuts - 1.3 cups	18 Italian meat balls (36)	.5 cup 1% cottage cheese (14)	
Pork loin - 6 oz.	4 oz. pork loin (33)	1.5 cups green peas (16)	
Powder: Whey isolate zero carb 2 x 1.1 oz. scoops	8 oz. ground turkey (38)	.75 cup black beans (12)	
Powder: Whey isolate flavored 1.7 x 1.3 oz. scoops	6 oz. cured ham (42)	.5 cup lentils (9)	
	6 oz. ground beef (40)	.5 cup Greek yogurt (12)	
Drink: Whey isolate zero carb - 25 oz.	4 oz. sirloin steak (35)	0.6 cup white beans (9)	8 oz. milk (8)
	4 oz. pork loin (33)	1.5 cups sorghum (16)	
Drink: Whey isolate flavored - 24 oz.	6 oz. salmon (37)	1 cup black beans (15)	
Pumpkin seeds - 1.5 cups	5 oz. roast beef (41)	0.7 cup pinto beans (10)	
Salmon - 8 oz.	BETWEEN-MEAL QUICK SNACKS		
Sardines (in H2O) - 8.5 oz.	7 tbsp peanut butter (25)	.75 cup pumpkin seeds (25)	
Sausage (Italian) - 3 x 3 oz. links	32 oz. 2% milk (32)	6 tbsp hemp seeds (18)	
Sausage (turkey) - 4 x 2 oz. links	5 oz. cashews (25)	12 oz. protein drink	
Shrimp (medium) - 41	.3 cup peanuts (11)	4 oz. beef jerky (38)	
Sirloin Steak - 6 oz.	18 oz. Whole milk (18)	5 large hard-boiled eggs (32)	
Tilapia - 7 oz.	.6 cup Greek yogurt (12)	1 cup peanuts (38)	
Tuna (light in H2O) - 7 oz.	4 cheese sticks (24)	4.5 oz. turkey jerky (27)	
Tuna (light in oil) - 6 oz.	.75 cup almonds (25)	7 tbsp peanut butter (25)	
Turkey (ground) 85% - 10.5 oz.	3 12 gr. protein bars (36)	.8 cup chopped walnuts (14)	
Turkey jerky - 8.5 oz.	1 scoop protein powder in H2O (25)		5 oz. cashews (25)
Walnuts - 3 cups chopped	2 cups plain yogurt (25)	.75 cup pumpkin seeds (25)	
Yogurt (plain low-fat) - 4 cups	3 1 oz. cheese slices (20)	2 cup almonds (30)	
Yogurt (Greek 0% plain) - 2.5 cups	1 scoop protein powder in H2O (25) .9 cup 1% cottage cheese (27)		