

50 GRAMS OF PROTEIN

1 SOURCE

MULTIPLE SOURCES

BREAKFAST

Almonds - 1.5 cups kernels

Beef (80% ground) - 7.5 oz

Beef jerky - 5.25 oz.

Beef (roast) - 6 oz.

Beans (ave. all types) - 3.5 cups

Bratwurst - 4.5 x 3 oz. links

Cashews - 10 oz.

Cheese (American) - 8 x 1 oz. slices

Cheese (cheddar) - 7 oz.

Chicken breast - 8 oz.

Chicken thighs - 9 oz.

Cottage cheese 1% - 1.75 cups

Edamame - 2.25 cups

Eggs - 11 small

Eggs - 8 large

Ham (cured) - 7.5 oz.

Lentils - 3 cups

Meatballs (Italian) - 25

Milk 2% - 50 oz.

Milk whole - 50 oz.

Peanut butter - 14 tbsp

Peanuts - 1.3 cups

Pork loin - 6 oz.

Powder: Whey isolate zero carb

2 x 1.1 oz. scoops

Powder: Whey isolate flavored

1.7 x 1.3 oz. scoops

Drink: Whey isolate zero carb - 25 oz.

Drink: Whey isolate flavored - 24 oz.

Pumpkin seeds - 1.5 cups

Salmon - 8 oz.

Sardines (in H2O) - 8.5 oz.

Sausage (Italian) - 3 x 3 oz. links

Sausage (turkey) - 4 x 2 oz. links

Shrimp (medium) - 41

Sirloin Steak - 6 oz.

Tilapia - 7 oz.

Tuna (light in H2O) - 7 oz.

Tuna (light in oil) - 6 oz.

Turkey (ground) 85% - 10.5 oz.

Turkey jerky - 8.5 oz.

Walnuts - 3 cups chopped

Yogurt (plain low-fat) - 4 cups

Yogurt (Greek 0% plain) - 2.5 cups

6 large eggs (37) + 2 slices cheese (13)

7 small eggs (33) + 1.5 cups (dry) oatmeal (15)

2 links 3 oz. Italian sausage (33) + 2 cups (dry) oatmeal (20)

2 links turkey sausage (27) + 1.5 cup Kashi cereal (15) w/8 oz. milk (8)

5 small egg omelet (24) + 2 oz. cheese (12) + 14 oz. milk (14)

3 large egg omelet (19) + 1.5 cups 0% Greek plain yogurt (30)

5 links 0.8 oz. pork sausage (23) + 1.5 cup Kashi cereal (15) w/8 oz. milk (8)

LUNCH/DINNER

6 oz. chicken breast (37) + 1.5 cups quinoa (14)

6 oz. roast beef (41) + 1 cup green peas (9)

1 scoop whey isolate protein powder (25) + 24 oz. milk (25)

6 oz. ground beef (40) + 1 cup sorghum (11)

4 oz. sirloin steak (35) + .75 cup edamame (17)

6 oz. salmon (37) + 2 cups couscous (12)

6 oz. chicken thighs (33) + 0.7 cup blackeye peas (8) + 8 oz. milk (8)

4.5 oz. tuna (in oil) (37) + 1.5 cups quinoa (14)

8.5 oz. ground turkey (41) + 1.5 cups couscous (9)

6 oz. chicken breast (37) + 1 cup pinto beans (15)

1.75 x 3 oz. links Italian sausage (28) + 1 cup edamame (22)

5 oz. tilapia (29) + .5 cup white beans (9) + 12 oz. milk (12)

18 Italian meat balls (36) + .5 cup 1% cottage cheese (14)

4 oz. pork loin (33) + 1.5 cups green peas (16)

8 oz. ground turkey (38) + .75 cup black beans (12)

6 oz. cured ham (42) + .5 cup lentils (9)

6 oz. ground beef (40) + .5 cup Greek yogurt (12)

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)

6 oz. salmon (37) + 1 cup black beans (15)

5 oz. roast beef (41) + 0.7 cup pinto beans (10)

BETWEEN-MEAL QUICK SNACKS

7 tbsp peanut butter (25) + .75 cup pumpkin seeds (25)

32 oz. 2% milk (32) + 6 tbsp hemp seeds (18)

5 oz. cashews (25) + 12 oz. protein drink (25)

.3 cup peanuts (11) + 4 oz. beef jerky (38)

18 oz. Whole milk (18) + 5 large hard-boiled eggs (32)

.6 cup Greek yogurt (12) + 1 cup peanuts (38)

4 cheese sticks (24) + 4.5 oz. turkey jerky (27)

.75 cup almonds (25) + 7 tbsp peanut butter (25)

3 x 12 gr. protein bars (36) + .8 cup chopped walnuts (14)

1 scoop protein powder in H2O (25) + 5 oz. cashews (25)

2 cups plain yogurt (25) + .75 cup pumpkin seeds (25)

3 x 1 oz. cheese slices (20) + 2 cups almonds (30)

1 scoop protein powder in H2O (25) + .9 cup 1% cottage cheese (27)