

30g of **PROTEIN**

Chicken Breast
(4-5 oz cooked)

Lean Ground Beef
(93-96%)
(4-5 oz cooked)

Turkey Breast or
Ground Turkey
(4-5 oz cooked)

Salmon or Other
Fatty Fish
(5 oz cooked)

Eggs + Egg Whites
(3 whole eggs + 3-4 whites)

Low-Fat Greek
Yogurt
(2 cups)

Cottage Cheese
(2 cups)

Protein Powder
(1-2 scoops)

Pork Tenderloin
(4-5 oz cooked)

Seitan or Tofu
(4 oz seitan
or 14 oz tofu)