



EARNED. NOT GIVEN.

HIGH PROTEIN FOOD LIST

FUEL YOUR BODY. HIT YOUR GOALS.

Use this list to build high protein meals, stay full longer, and support muscle growth and recovery.

POULTRY	PROTEIN (PER 100G)
Chicken Breast (skinless)	31g
Turkey Breast (skinless)	29g
Ground Chicken (93% lean)	23g
Ground Turkey (93% lean)	23g
Chicken Thigh (skinless)	26g
Turkey Thigh (skinless)	25g
Chicken Drumstick (skinless)	20g

BEEF & OTHER MEATS	PROTEIN (PER 100G)
Lean Beef (sirloin)	28g
Top Round Steak	28g
Ground Beef (90% lean)	26g
Filet Mignon	26g
Flank Steak	26g
Pork Tenderloin	26g
Lamb (lean)	25g
Bison	28g

SEAFOOD	PROTEIN (PER 100G)
Tuna	30g
Salmon	25g
Cod	23g
Tilapia	26g
Haddock	24g
Shrimp	24g
Canned Tuna (in water)	25g

EGGS & DAIRY	PROTEIN (PER SERVING)
Egg (large)	6g
Egg Whites (1 cup)	11g
Greek Yogurt (2% plain, 1 cup)	20g
Cottage Cheese (2% low fat, 1 cup)	24g
Low Fat String Cheese (1 stick)	7g
Skim Milk (1 cup)	8g
Whey Protein (1 scoop)	20-25g
Casein Protein (1 scoop)	20-24g

PLANT-BASED PROTEINS	PROTEIN (PER 100G)
Tofu (extra firm)	16g
Tempeh	19g
Edamame	11g
Lentils (cooked)	9g
Chickpeas (cooked)	9g
Black Beans (cooked)	9g
Quinoa (cooked)	4g
Seitan	25g

PROTEIN BOOSTERS	PROTEIN (PER SERVING)
Peanut Butter (2 tbsp)	8g
Almond Butter (2 tbsp)	7g
Pumpkin Seeds (1 oz)	9g
Chia Seeds (2 tbsp)	4g
Hemp Seeds (2 tbsp)	6g
Protein Powder (1 scoop)	20-25g
Nutrition Yeast (2 tbsp)	5g

QUICK REFERENCE: HIGH PROTEIN MEAL IDEAS



CHICKEN & RICE

6 oz chicken breast
1 cup cooked rice
30g+ protein



STEAK & POTATOES

6 oz lean steak
1 medium potato
30g+ protein



TUNA BOWL

1 can tuna (in water)
1 cup rice
25g+ protein



GREEK YOGURT BOWL

1 cup Greek yogurt
1/2 cup berries
20g+ protein



PROTEIN SHAKE

1 scoop protein
8-12 oz milk or water
20g+ protein



EGG & TOAST

2 whole eggs
3 egg whites
25g+ protein



TIP:

Aim for 0.8–1g of protein per pound of body weight daily.
Spread your protein intake evenly throughout the day for best results.



YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.