

Protein Foods List



black beans

1 serving =
4 ounces



chicken nuggets

1 serving =
3 ounces



fried egg

1 serving =
1.5 ounces



halibut

1 serving =
3 ounces



ham

1 serving =
3 ounces



hummus

1 serving =
2 ounces



lentils

1 serving =
4 ounces



peanut butter

1 serving =
1 ounce

Protein Foods List



salmon

1 serving =
3 ounces



shrimp

1 serving =
3 ounces



steak

1 serving =
3 ounces



sunflower seeds

1 serving =
1 ounce



tofu

1 serving =
4 ounces



tuna fish

1 serving =
3 ounces



turkey

1 serving =
3 ounces



walnuts

1 serving =
2.5 ounce