

Protein List

Where your protein can come from, and roughly what each one gives you.

A shopping reference. Grams are approximate and vary by brand, cut and portion. Quality notes in grey are our preference, not a requirement.

Seafood wild-caught is best

- Tuna ~8 g per oz
- Salmon, shrimp, clams, tilapia, cod, halibut ~6 to 7 g per oz
- Crab, lobster ~5 g per oz
- Oysters ~3 g per oz

Ruminants grass-fed, organic

- Elk, venison ~8½ g per oz
- Buffalo ~8 g per oz
- Beef, lamb ~7 g per oz

Poultry pastured, organic

- Pheasant ~9 g per oz
- Chicken breast, turkey ~8 g per oz
- Duck ~7 g per oz

Eggs pastured, organic

- Whole egg ~6 g each
- Egg whites ~26 g per cup

Non-ruminants

- Pork ~8 g per oz
- Wild boar, rabbit ~8 g per oz

Processed meats

- Deli meat ~5 g per oz
- Sausage ~4 g per link
- Bacon ~3 g per slice

Dairy

- Cottage cheese ~13 g per ½ cup
- Greek yogurt ~15 to 20 g per cup
- Skyr ~15 to 17 g per cup
- Cheese ~6 to 7 g per oz
- Milk ~8 g per cup

Legumes cooked, not dry

- Lentils, edamame ~18 g per cooked cup
- Chickpeas, black beans, kidney, navy, pinto, lima ~15 g per cooked cup
- Black-eyed peas ~13 g per cooked cup
- Green peas ~8 g per cup
- Peanuts ~7 g per oz

Soy foods

- Tempeh ~31 g per cup
- Tofu, firm ~20 g per cup

Sprouted grains

- Quinoa ~8 g per cooked cup
- Oats, gluten free ~6 g per cooked cup
- Buckwheat, millet ~6 g per cooked cup

COMBINING PLANT SOURCES

Most plant foods are lower in one or more essential amino acids. Variety across the day covers it; they do not need pairing at the same meal.

Raw nuts and seeds

- Hemp seeds ~10 g per 3 tbsp
- Pumpkin seeds ~9 g per oz
- Almonds ~6 g per oz
- Chia seeds ~4½ g per oz
- Walnuts ~4 g per oz

Vegetables a contribution, not a source

- Spinach, cooked ~5 g per cup
- Kale, mushrooms, cooked ~3½ g per cup
- Yams ~2 g, peppers ~1½ g per cup

Spirulina organic, heavy-metal tested

- Powder ~4 g per tbsp

TWO ANCHORS WORTH MEMORIZING

Palm of meat or fish ~30 g

One scoop of powder ~20 to 25 g

Most people who fall short fall short at breakfast. That is the meal to fix first.

CHOOSING A PROTEIN POWDER

Look for **NSF Certified for Sport** or **Informed Sport** on the tub — those confirm the label matches the contents and screen for contaminants. Brands without one should publish their own lab results. Whey, hemp, brown rice and pea all work; which suits you is about tolerance, not protein quality.

Grams are approximate. General education, not a substitute for personal medical advice.