EASY HIGH PROTEIN RECIPES

HIGH PROTEIN FOODS

One-page grocery cheat sheet | everyday portions, simple ideas

PROTEIN BY EVERYDAY SERVING

Chicken breast, cooked	3 oz (85 g)	**about 26 g**
Salmon, cooked	3 oz (85 g)	**about 19 g**
Eggs	2 large	**about 13 g**
Plain nonfat Greek yogurt	1 cup	**about 25 g**
Cottage cheese, low-fat	1/2 cup	**about 12 g**
Firm tofu	1/2 cup	**about 22 g***
Lentils, cooked	1 cup	**about 18 g**
Edamame, cooked	1 cup	**about 18 g**
Almonds	1 oz	**about 6 g**
Peanut butter	2 Tbsp	**about 7-8 g**

MY GROCERY CHECKLIST

- ☐ **Proteins:** Chicken / eggs / fish / tofu
- ☐ **Dairy or alternative:** Plain Greek yogurt / cottage cheese
- ☐ **Pantry:** Lentils / beans / canned tuna
- ☐ **Add-ins:** Vegetables / grains / nuts / fruit

BUILD A MEAL IN THREE EASY PARTS

1. Pick one protein food
2. Add produce you enjoy
3. Add rice, potatoes, bread or another side

*Numbers are rounded food-reference examples; tofu, dairy and brands can differ.
Read the Nutrition Facts serving size. USDA FoodData Central: fdc.nal.usda.gov
General food information, not individualized nutrition or medical advice.