

## ANIMAL PROTEINS (SERVING SIZE FOR COOKED PROTEIN)

- 1 large egg = 6 g
- 4 oz boneless, skinless chicken breast = 34 g
- 4 oz chicken thighs = 30 g
- 4 oz pork chops = 31 g
- 4 oz 90%-lean ground beef = 30 g
- 4 oz ground turkey = 30 g
- 4 oz ground bison = 29 g
- 4 oz lamb = 28 g
- 4 oz sirloin = 30 g
- 4 oz shrimp = 28 g
- 4 oz wild salmon = 27 g
- 4 oz halibut = 30 g
- 5 oz can of tuna = 30 g
- 4 oz nitrate-free deli turkey = 20 g
- 1/2 cup whole-milk Greek yogurt = 10 g
- 1/2 cup 2% cottage cheese = 14 g
- protein powder (varies—see [resources](#) for recommendations)
- collagen powder (varies—see [resources](#) for recommendations)