

# PROTEINS

1 SERVING = PALM SIZE = ~30 GRAMS

## LEAN PROTEINS ~ MORE OFTEN



Chicken Breast



Canadian Bacon



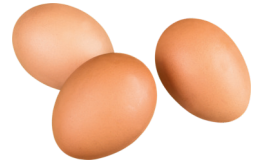
Ground Turkey



Low Fat Cottage Cheese



Greek Yogurt



Egg Whites



Sirloin



Wild Game



Shrimp



Crab/Lobster



Tuna in Water



Salmon

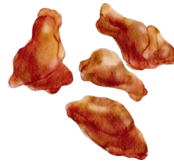
## MEDIUM FAT PROTEINS ~ LESS OFTEN



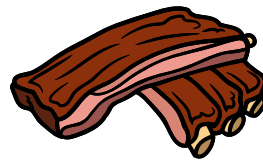
Cheese:  
Mozzarella,  
Ricotta, Feta,  
Parmesan



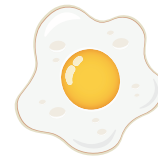
Chicken/Turkey  
Leg/Thigh



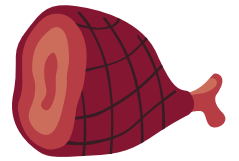
Wings



Ribs

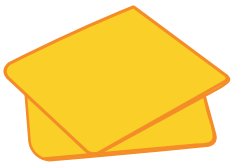


Whole Egg

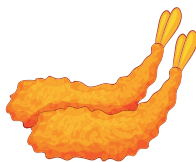


Ham

## PROTEINS HIGH IN SATURATED FAT AND/OR SALT



Cheese:  
American,  
Cheddar,  
Monterey  
Jack, Swiss



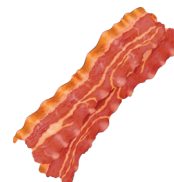
Fried Fish



Salami  
Pastrami



Hot Dog  
Sausage  
Bologna



Bacon



Steak with  
Marbling

## IMPORTANCE OF PROTEIN

- Increases muscle mass and promotes growth
- Helps the body build and repair tissues
- Boost satiety and reduces cravings
- Stabilizes your blood sugar by slowing down digestion
- Guides nutrients to the right place

## PLANT-BASED PROTEIN

- Beans such as black, kidney and pinto
- Bean products like baked beans and refried beans
- Hummus, soy nuts, edamame
- Lentils such as brown, green or yellow
- Peas such as black-eyed or split peas
- Nuts and nut butters
- Tempeh, tofu

\*Keep in mind that most plant proteins also have carbohydrates

## PROTEIN SUPPLEMENTS

- A great alternative especially if you skips meals or are too busy to get in a third serving
- Look for a protein supplement with 20-30g of protein
- Less than 10g total carbohydrates
- Less than 200 calories per serving