

HIGH PROTEIN & LOW CARB REFERENCE

POULTRY & MEAT

Item (100g)	Protein	Carbs
Chicken Breast	31g	0g
Turkey Breast	29g	0g
Lean Beef	26g	0g
Pork Tenderloin	26g	0g

SEAFOOD

Item (100g)	Protein	Carbs
Tuna (Canned)	25g	0g
Salmon	22g	0g
Shrimp	24g	0g
Cod	20g	0g

DAIRY & EGGS

Item	Protein	Carbs
Egg (Large)	6g	0.6g
Greek Yogurt (1 cup)	23g	9g
Cottage Cheese (1 cup)	25g	8g
Whey Isolate (1 scoop)	25g	2g

PLANT BASED

Item (100g)	Protein	Carbs
Firm Tofu	10g	2g
Tempeh	19g	9g
Seitan	25g	4g
Pumpkin Seeds (28g)	9g	3g

*Values are approximate and based on standard nutritional databases.