

LEAN PROTEIN REFERENCE CHART

Essential Sources for Weight Management

CATEGORY	PROTEIN SOURCE	OPTIMAL SERVING
Poultry	Chicken Breast (Skinless)	4 oz (113g)
Poultry	Turkey Breast	4 oz (113g)
Seafood	White Fish (Cod, Tilapia)	5 oz (142g)
Seafood	Shrimp / Prawns	4-5 oz (113-142g)
Seafood	Tuna (Canned in Water)	1 Can (120g)
Dairy / Eggs	Egg Whites	1/2 Cup (120ml)
Dairy / Eggs	Greek Yogurt (0% Fat)	3/4 Cup (170g)
Dairy / Eggs	Cottage Cheese (Low Fat)	1/2 Cup (115g)
Plant-Based	Tofu (Extra Firm)	1/2 Cup (125g)
Plant-Based	Tempeh	3 oz (85g)

CATEGORY	PROTEIN SOURCE	OPTIMAL SERVING
Plant-Based	Seitan	3 oz (85g)
Legumes	Lentils / Chickpeas	1/2 Cup Cooked

Daily Target: 0.8g - 1g of protein per lb of goal body weight.