

# HIGH PROTEIN BODYBUILDING GUIDE

Target: 1g Protein per lb of Bodyweight

## POULTRY & MEAT

Food (100g Cooked)	Protein
Chicken Breast	31g
Turkey Breast	29g
Lean Beef (90/10)	26g
Pork Tenderloin	26g
Bison	28g

## SEAFOOD

Food (100g Cooked)	Protein
Tuna (Canned)	25g
Salmon	22g
Tilapia / Cod	20g
Shrimp	24g
Sardines	23g

## DAIRY & EGGS

Food (Serving)	Protein
Egg Whites (1 cup)	26g
Greek Yogurt (1 cup)	23g

<b>Food (Serving)</b>	<b>Protein</b>
Cottage Cheese (1 cup)	<b>25g</b>
Whole Egg (Large)	<b>6g</b>
Whey Protein (1 scoop)	<b>24g</b>

## **PLANT-BASED**

<b>Food (100g/Dry)</b>	<b>Protein</b>
Seitan	<b>25g</b>
Tofu (Extra Firm)	<b>10g</b>
Lentils (Cooked)	<b>9g</b>
Tempeh	<b>19g</b>
Edamame	<b>11g</b>

Values are approximate. Always check specific nutrition labels.