

Protein Reference Sheet

(All portion sizes are 4 oz servings, unless otherwise noted)

Beef-	32 gms.	Lamb-	30.2 gms.
Turkey-	32.6 gms.	Chicken-	33.8 gms.
Calf liver-	24.5 gms.	Venison-	34.3 gms.
Salmon-	29 gms.	Scallops-	23 gms.
Shrimp-	23.7 gms.	Cod-	26 gms.
Tuna -	34 gms.	Sardines-	22.7 gms.
Tofu-	9.2 gms.	Egg- 1	6 gms.
Lentils- 1cup	17.9 gms.	Dried peas- ½ cup	6 gms
Cottage cheese- ½ cup	14 gms.	Yogurt- 1 cup	12.9 gms.
Kidney Bean- 1 cup	15.4 gms.	Pinto Beans- 1 cup	14 gms.
Lima Beans- 1 cup	14.7 gms.	Black Beans- 1 cup	15.2 gms.
Garbanzo- 1 cup	14.5 gms.	Navy Bean- 1 cup	15.8 gms.
Peanuts- ¼ cup	9.42 gms.	Walnuts- ¼ cup	3.81 gms.
Almonds- ¼ cup	7.62 gms.	Cashews- ¼ cup	5.24 gms.
Almond Butter- 2 TBSP.	7 gms.	Peanut Butter- 2 TBSP.	4 gms.
Cashew Butter- 2 TBSP	5 gms.		
Design's for Health/Whey Cool Protein Powder- 1 scoop	24gms.		
Design's for Health/Paleo Meal protein powder - 1 scoop	17gms.		