

High Protein Foods Shopping List

Please note exact protein amounts may vary slightly by brand and type. And protein amounts are for the product cooked where applicable.

PLANT-BASED PROTEINS	MEAT & FISH/SEAFOOD	NUTS & SEEDS
<input type="checkbox"/> Tempeh 4oz 23g	<input type="checkbox"/> Chicken breast 4oz 35g	<input type="checkbox"/> Hemp seeds 3T 10g
<input type="checkbox"/> Tofu ½ c 22g	<input type="checkbox"/> Beef sirloin 4oz 31g	<input type="checkbox"/> Pumpkin seeds 1oz 5g
<input type="checkbox"/> Edamame 1c 19g	<input type="checkbox"/> Pork tenderloin 4oz 29g	<input type="checkbox"/> Peanuts 1oz 7g
<input type="checkbox"/> Lentils ½ c 9g	<input type="checkbox"/> Chicken thighs 4oz 27g	<input type="checkbox"/> Almonds 1oz 6g
<input type="checkbox"/> Quinoa ½ c 8g	<input type="checkbox"/> Shrimp 3oz 24g	<input type="checkbox"/> Sunflower seeds 1oz 6g
<input type="checkbox"/> Chickpeas ½ c 7g	<input type="checkbox"/> Tilapia 4oz 23g	<input type="checkbox"/> Chia seeds 2T 5g
<input type="checkbox"/> Black beans ½ c 7g	<input type="checkbox"/> Ground turkey 4oz 23g	<input type="checkbox"/>
<input type="checkbox"/> Green beans 1c 2g	<input type="checkbox"/> Salmon 4oz 22g	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Canned sardines 23g	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Canned tuna 3oz 20g	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Cod 4oz 20g	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Crab 3oz 19g	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VEGGIES	EGGS & DAIRY	PROTEIN & CONVENIENCE
<input type="checkbox"/> Broccoli 1c 3g	<input type="checkbox"/> Skyr ¾ c 17g	<input type="checkbox"/> Whey protein powder 1 serving 20+g
<input type="checkbox"/> Spinach 1c 5g	<input type="checkbox"/> Greek yogurt ¾ c 17g	<input type="checkbox"/> Plant-based protein powder 1 serving 20+g
<input type="checkbox"/> Asparagus 1c 4g	<input type="checkbox"/> Egg whites ½ c 13g	<input type="checkbox"/> Collagen peptides 2T 15g
<input type="checkbox"/> Kale, cooked 1c 4g	<input type="checkbox"/> Cottage cheese ½ c 12g	<input type="checkbox"/> Protein-enriched pasta 1c, cooked 12g
<input type="checkbox"/> Brussel sprouts 1c 3g	<input type="checkbox"/> Cheddar cheese 1 oz 7g	<input type="checkbox"/> Power waffles 1 waffle 12g
<input type="checkbox"/>	<input type="checkbox"/> Whole eggs 1 large 6g	<input type="checkbox"/> Bone broth 1c 9g
<input type="checkbox"/>	<input type="checkbox"/> Feta cheese 1oz 4g	<input type="checkbox"/> Sprouted grain bread 1 slice 5g
<input type="checkbox"/>	<input type="checkbox"/>	

OTHERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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