

PROTEIN CONTENT OF COMMON FOODS

Quick Reference Guide • Amounts are Approximate • Cooked Unless Noted

ANIMAL-BASED PROTEINS			
Food	Serving Size	Protein (g)	
Wild Salmon	4 oz	23 g	
Cod	4 oz	21 g	
Halibut	4 oz	24 g	
Trout	4 oz	22 g	
Sardines	4 oz	25 g	
Tuna	4 oz	26 g	
Shrimp	4 oz	24 g	
Scallops	4 oz	22 g	
Crab	4 oz	21 g	
Oysters	4 oz	14 g	
Mussels	4 oz	18 g	
Chicken Breast	4 oz	35 g	
Turkey Breast	4 oz	34 g	
Grass-Fed Beef	4 oz	28 g	
Bison	4 oz	28 g	
Lamb	4 oz	25 g	
Pork Tenderloin	4 oz	30 g	

EGGS & DAIRY			
Food	Serving Size	Protein (g)	
Egg	1 large egg	6 g	
Egg Whites	4 egg whites	14 g	
Greek Yogurt (plain)	1 cup	20–24 g	
Cottage Cheese	1 cup	25–28 g	
Kefir	1 cup	9–11 g	
Milk	1 cup	8 g	
Parmesan Cheese	1 oz	10 g	
Cheddar Cheese	1 oz	7 g	

PLANT-BASED PROTEINS			
Food	Serving Size	Protein (g)	
Lentils (cooked)	1 cup	18 g	
Chickpeas (cooked)	1 cup	15 g	
Black Beans (cooked)	1 cup	15 g	
Kidney Beans (cooked)	1 cup	15 g	
Edamame	1 cup	18 g	
Green Peas	1 cup	8 g	
Quinoa (cooked)	1 cup	8 g	
Tofu	4 oz	10–12 g	
Tempeh	4 oz	20 g	

COLLAGEN & BROTH			
Food	Serving Size	Protein (g)	
Collagen Peptides	1 scoop	10–20 g	
Bone Broth	1 cup (8 oz)	8–12 g	
Homemade Bone Broth (concentrated)	1 cup	10–15 g	

NUTS, SEEDS & SPECIALTY FOODS			
Food	Serving Size	Protein (g)	
Hemp Hearts	3 Tbsp	10 g	
Pumpkin Seeds	¼ cup	9 g	
Chia Seeds	2 Tbsp	5 g	
Almonds	¼ cup	7 g	
Pistachios	¼ cup	6 g	
Peanut Butter	2 Tbsp	8 g	
Spirulina	2 Tbsp	8 g	

PROTEIN POWDERS & SUPPLEMENTS			
Product	Serving Size	Protein (g)	
Whey Protein Isolate	1 scoop	25–30 g	
Whey Protein Concentrate	1 scoop	20–25 g	
Pea Protein	1 scoop	20–25 g	
Hemp Protein Powder	1 scoop	15–20 g	
Brown Rice Protein	1 scoop	20–24 g	
Egg White Protein	1 scoop	20–25 g	
Amino Acid Blends (EAA)	1 scoop	8–12 g (varies)	

PROTEIN SUPERSTARS			
Highest Protein Per Serving			
	Food	Protein (g)	
1	Chicken Breast (4 oz)	35 g	
2	Turkey Breast (4 oz)	34 g	
3	Whey Protein (1 scoop)	25–30 g	
4	Tuna (4 oz)	26 g	
5	Cottage Cheese (1 cup)	25–28 g	
6	Sardines (4 oz)	25 g	
7	Salmon (4 oz)	23 g	
8	Greek Yogurt (1 cup)	20–24 g	
9	Tempeh (4 oz)	20 g	
10	Lentils (1 cup)	18 g	

HOW TO REACH ~100 GRAMS PER DAY			
It's easier than you think! Spread protein throughout the day.			
	BREAKFAST Protein smoothie with 1 scoop protein powder + collagen peptides		35g
+			
	MID-MORNING SNACK 1 hard-boiled egg + pumpkin seeds		10g
+			
	LUNCH 4 oz grilled salmon on a large salad		23g
+			
	AFTERNOON SNACK Greek yogurt (¼ cup)		15g
+			
	DINNER 4 oz chicken breast with vegetables		35g
DAILY TOTAL: ~118 GRAMS			



QUALITY MATTERS: Animal proteins are "complete proteins," all nine essential amino acids. Plant proteins can work synergistically when you eat a variety of sources throughout the day.



CONSISTENCY OVER PERFECTION: Aim for protein at every meal and snack to support muscle, metabolism, bone strength, immune function, healthy aging, and overall vitality.