

<p>Chicken: Chicken, Boneless, 3 oz. 21g Chicken Tenders, 1-1.5 oz. 7-10g Chicken, Deli meat 2 oz. 14g Chicken, Pre-cooked strips (3) 21g Canned Chicken Breast (2oz.) 13g</p> <p>Beans: (Canned, 1 oz. serving) Refried 1.5g Lentils 2.5g Black 2.5g Chickpeas (garbanzo) 1.4g Red Kidney 1.5g Great Northern 2.1g Lima 1.1g Navy 2.5g Pinto 1.4g White 2g</p> <p>Dairy: Cheese (low -fat), 1 oz. 8g Cottage cheese (low-fat 1%), 4 oz. 14g Yogurt (unsweetened, low fat), 4 oz. ~5g Greek yogurt, 4 oz. ~10g Milk (skim), ½ cup 4g Milk (Soy), ½ cup (brand-dependent) 3-5g</p> <p>Eggs: Hard boiled or poached, 1 egg 6g Egg Beaters, ¼ cup 5g</p> <p>Nuts/Seeds: Almond Butter (1TBSP) 4g Peanut Butter (low fat), 1 TBSP 4g Almonds (22) 6g Walnuts (14 shelled) 4g Peanuts (28) 7g Pumpkin seeds (1 oz.) 5g Sunflower seeds (1 oz.) 5.5g Chia seeds (1 oz.) 4g</p> <p>1 oz. (by weight) animal protein/cheese = ~7g protein (Except eggs**)</p>		<p>Sea Food: Clams (cooked) 20 small 4g Cod (baked) 3 oz. 20g Crab (canned) 3oz. 17g Flounder (cooked) 3oz. 21g Halibut (cooked) 3oz. 23g Herring (Atlantic, cooked) 3oz. 20g Lobster (cooked) 3 oz. ~18g Mussels (cooked) 3 oz. 20g Oysters (canned) 3oz. 10g Salmon (baked or grilled) 3oz. 22g Salmon (canned pink) 3oz. 17g Scallops, 2 large 6g Shrimp, cocktail 6 Lg= ~ 1oz. ~8g Shrimp (canned) 3oz. 20g Trout (baked) 3 oz. 23g Tuna (canned)3 oz. 22g</p> <p>Soy: Edamame, 1 oz. 3.75g Meat substitute 3oz. 18g Soybeans (cooked) 1 oz. 4.7g Soybeans (dry roasted) 1oz. 14g Tofu (varies with firmness/brand), 1 oz. ~2.5g TVP (texturized vegetable protein) ½ cup= 1.6 oz 24g</p> <p>Turkey: Turkey bologna 3oz. 12g Turkey breast 3oz. 20g Turkey-Ground (cooked) 3 oz. 20g Turkey pepperoni (1 oz.) 10g Turkey sausage (1 oz. patty) 8g</p> <p>60-80 grams Protein PER DAY</p> <p>1 Protein Supp. + 3 Meals *30g-20g-20g-20g Protein/meal</p> <p>Nolimits Nutrition & Wellness Nolimits4us@hotmail.com</p>	
---	--	---	--