



# Protein Sources

| Source               | Protein | Fats | Carbs |
|----------------------|---------|------|-------|
| 4oz. ground turkey   | 22g     | 8g   | 0g    |
| 4 oz. chicken        | 22g     | 2g   | 1g    |
| 4 oz. salmon         | 21g     | 8g   | 0g    |
| 2 eggs               | 12.6g   | 9.5g | 0.7g  |
| 1 cup egg whites     | 26g     | 0g   | 2g    |
| chicken sausage (2)  | 28g     | 0g   | 0g    |
| 4 oz. shrimp         | 28g     | 0    | 0g    |
| 4 oz. ground beef    | 23g     | 9g   | 0g    |
| 4 oz. tilapia        | 20g     | 2g   | 0g    |
| 4 oz. tofu           | 14g     | 7g   | 5g    |
| turkey burger (1)    | 21g     | 9g   | 0g    |
| 4 oz. ground chicken | 20g     | 9.2g | 0g    |
| 4 oz. scallops       | 22.7g   | 0.9g | 6g    |
| veggie burger (1)    | 12g     | 2g   | 10g   |

