

| Food Item: | Measurement: | Protein Content: |
|----------------------------------|----------------------------|---------------------------------|
| Raw Almonds | 1/4 C. / 1/3 C. | 7 g. / 9g. |
| Almond Butter | 1 T. | 4 g. |
| Almond Flour/Meal | 1/4 C. | 4 g. |
| Almond Milk | 1 C. (8oz.) | 1 g. |
| Beef (lean ground 93/7) | 4 oz. | 24 g. |
| Beef (tenderloin steak) | 6 oz. | 40 g. |
| Beef (ribeye steak) | 8 oz. | 40 g. |
| Bread (GF English muffin) | 1 English muffin | 4 g. |
| Bread (white or wheat) | 1 slice | 4 g. |
| Chia Seeds | 1 T. / 1/3 C. | 2.25 g. / 11 g. |
| Cashews (whole) | 1/4 C. / 1/3 C. | 6 g. / 8g. |
| Cheese (string or snack) | 1 oz. / 1 piece | 6 g. |
| Cheese (parmesan) | 1 oz. | 9 g. |
| Chix Breast (Boneless skinless) | 1 oz. | 6 g. |
| Chix Thigh (Boneless skinless) | 1 oz. | 5.5 g. |
| Cottage Cheese (Trader Joe's) | 1/2 C. (4oz.) | 12 g. |
| Cottage Cheese (Good Culture) | 1/2 C. (4 oz.) | 14 g. |
| Egg Whites (large egg) | 1 | 3.5 g. |
| Egg (whole large) | 1 | 6 g. |
| Lactose Free Milk (Fairlife) | 1 C. | 13 g. |
| Milk (regular cow's milk) | 1 C. | 8 g. |
| Mushroom Coffee (Everyday Dose) | 1 scoop + 8oz. Water | 4 g. |
| Oats (rolled) | 1/4 C. | 3 g. |
| Oats (steel cut) | 1/4 C. | 5 g. |
| Oat Flour (Bob's Red Mill) | 1/4 C. | 4 g. |
| Oikos Pro Vanilla Yogurt | 8 oz. OR 5.3oz.(ind. cups) | 30g. OR 20g. |
| Plain Greek Yogurt | 8 oz. OR 5.3oz.(ind. cups) | 22g. OR 15g. |
| Protein Powder (brands may vary) | 1 Scoop | 24g. |
| Pecan Halves (unsalted) | 1/4 C. / 1/3 C. | 3 g. / 4 g. |
| Peanuts | 1/4 C. / 1/3 C. | 14 g. / 18 g. |
| Peanut Butter | 2 T. (32g.) | 7 g. |
| Pepitas (pumpkin seeds) | 1/4 C. / 1/3 C. | 3 g. / 4 g. |
| Pistachios | 1/4 C. / 1/3 C. | 6 g. / 8 g. |
| Pork Tenderloin | 4 oz. | 30 g. |
| Pork Loin Chops | 4 oz. | 30 g. |
| Pork Bacon | 1 slice | 3 g. |
| Pork Sausage (Jimmy Deans) | 2 oz. | 9 g. (Hillshire Honey Ham same) |
| Pork Ground | 4 oz. | 26 g. |
| Spinach (fresh baby spinach) | 1.5 oz (40g.) | 1 g. |
| Vital Proteins Collagen Powder | 1 T. | 4.5 g. |
| Walnuts (raw unsalted) | 1/4 C. (28g.) | 4g. |