

# Protein Guide

# Chicken breast

Serving size: 4 oz. (113 g)

Calories: 160

% Daily Value

**Total Fat: 3 g** 5%

Saturated fat: 0 g

Polyunsaturated fat: 0 g

Monounsaturated fat: 0 g

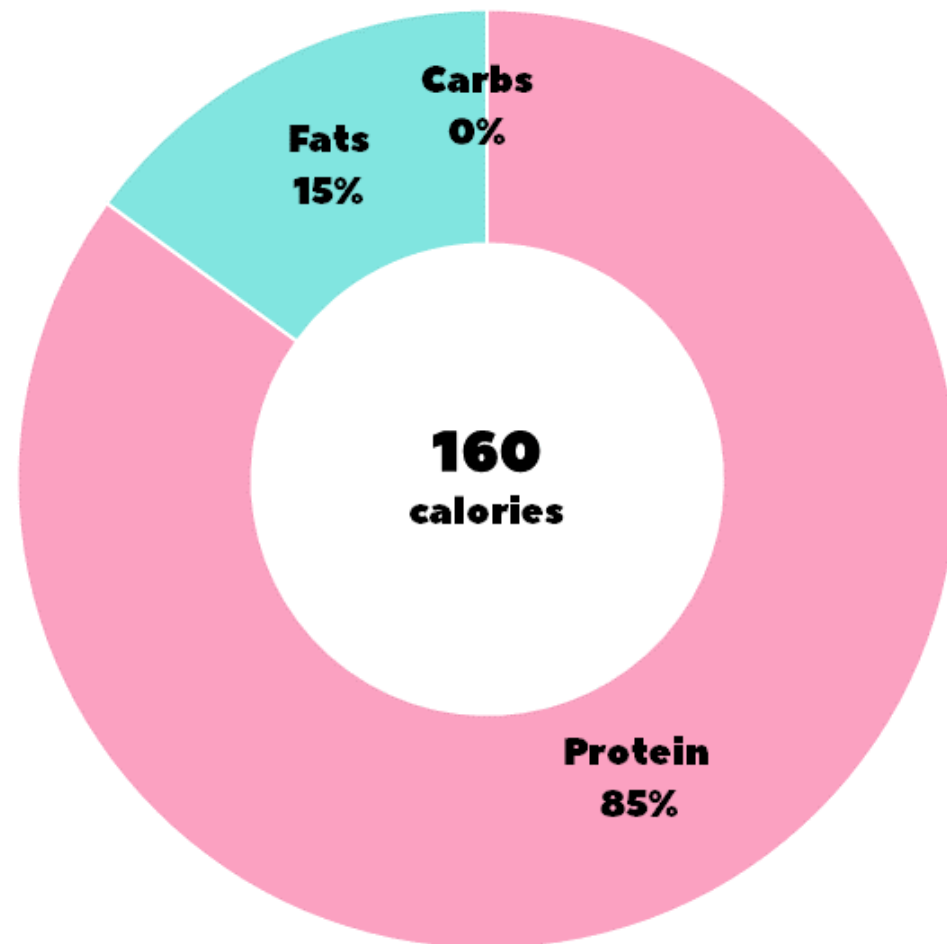
**Total Carbohydrates: 0 g** 0%

Dietary fiber: 0 g

Sugars: 0 g

**Protein: 35 g** 23%

**Chicken breast**  
**4 oz. (113 g)**

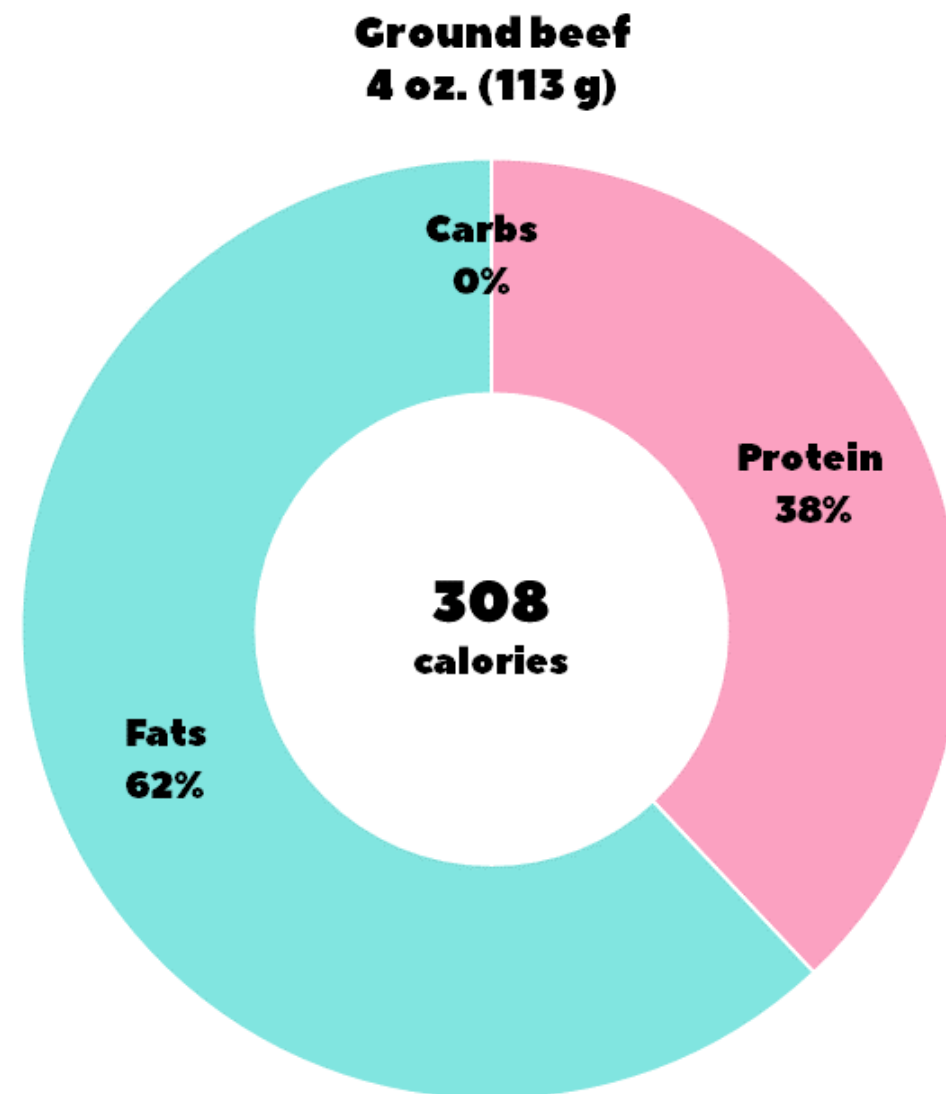


# Ground beef

Serving size: 4 oz. (113 g)

Calories: 308

	% Daily Value
<b>Total Fat: 21 g</b>	<b>36%</b>
Saturated fat: 8 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 0 g</b>	<b>0%</b>
Dietary fiber: 0 g	
Sugars: 0 g	
<b>Protein: 28 g</b>	<b>19%</b>



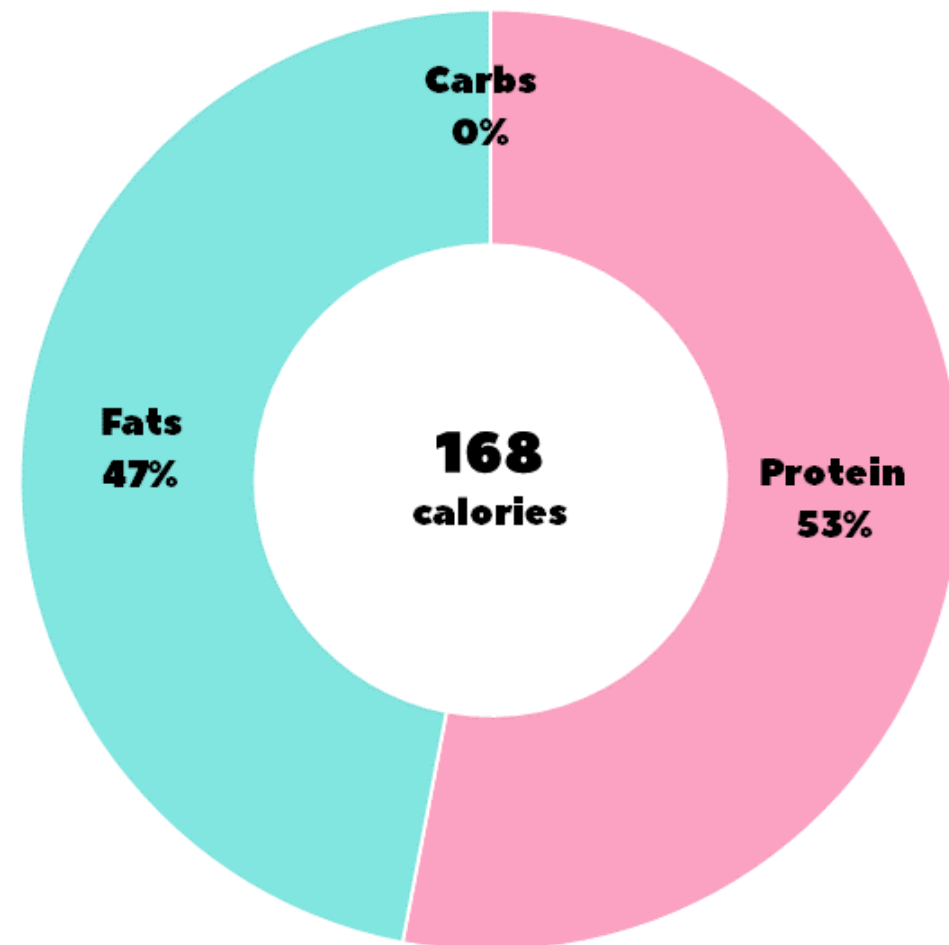
# Ground turkey

Serving size: 4 oz. (113 g)

Calories: 168

	% Daily Value
<b>Total Fat: 9 g</b>	<b>15%</b>
Saturated fat: 2 g	
Polyunsaturated fat: 2.5 g	
Monounsaturated fat: 3 g	
<b>Total Carbohydrates: 0 g</b>	<b>0%</b>
Dietary fiber: 0 g	
Sugars: 0 g	
<b>Protein: 22 g</b>	<b>15%</b>

## Ground turkey 4 oz. (113 g)



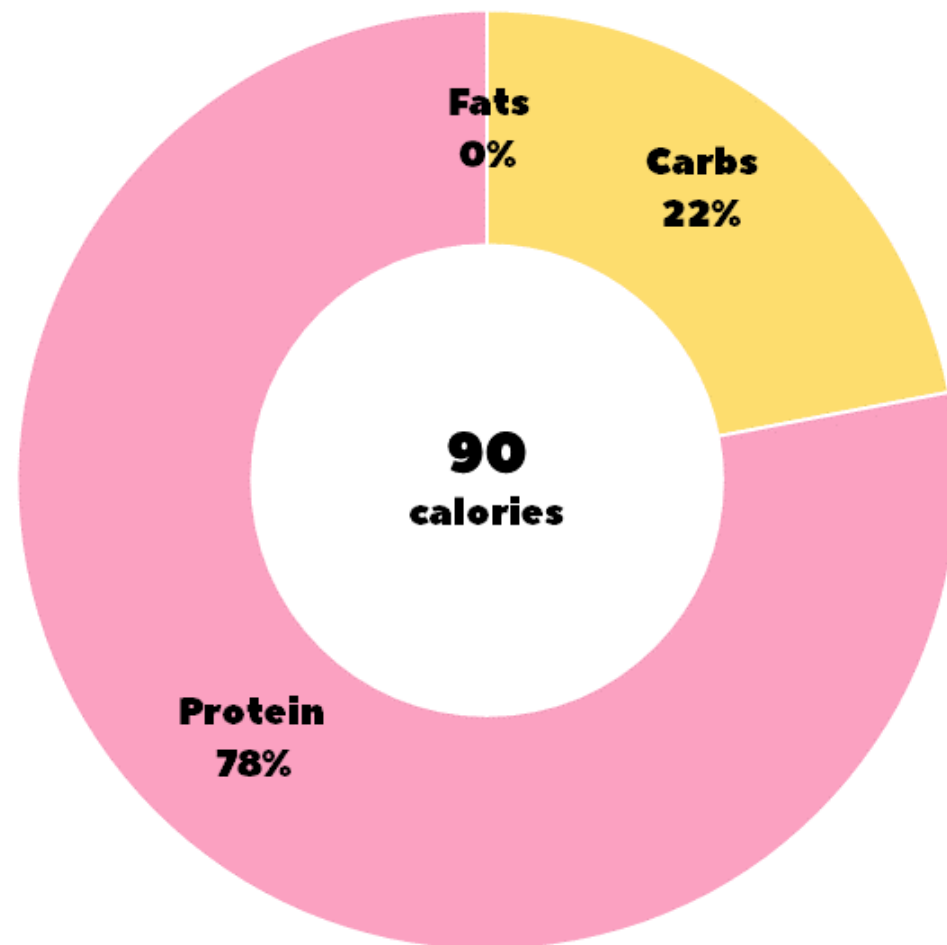
# Nonfat Greek yogurt

Serving size: 1 cup

Calories: 90

	% Daily Value
<b>Total Fat: 0 g</b>	<b>0%</b>
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 5 g</b>	<b>5%</b>
Dietary fiber: 0 g	
Sugars: 5 g	
<b>Protein: 18 g</b>	<b>12%</b>

## Nonfat Greek yogurt 1 cup



# Protein shake

Serving size: 8 oz. (236 ml)

Calories: 200

% Daily Value

**Total Fat: 4 g** 7%

Saturated fat: 0 g

Polyunsaturated fat: 0 g

Monounsaturated fat: 0 g

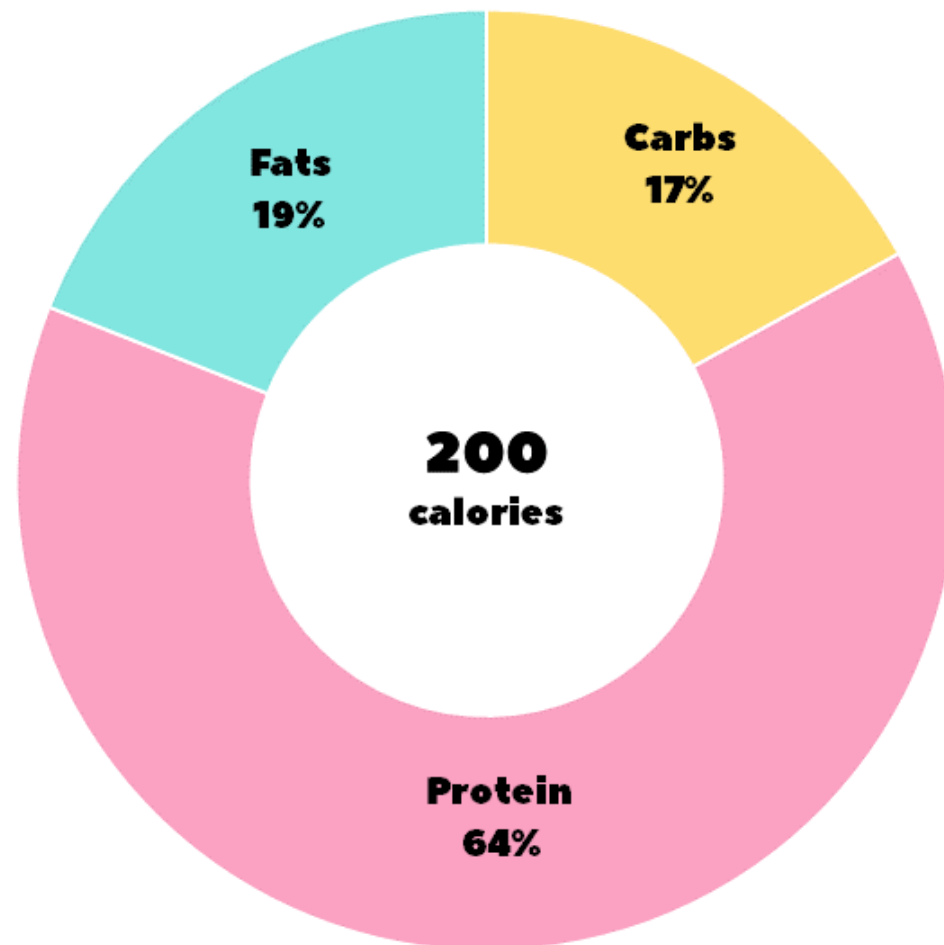
**Total Carbohydrates: 8 g** 9%

Dietary fiber: 0 g

Sugars: 3 g

**Protein: 30 g** 20%

**Protein shake**  
**8 oz. (29 ml)**

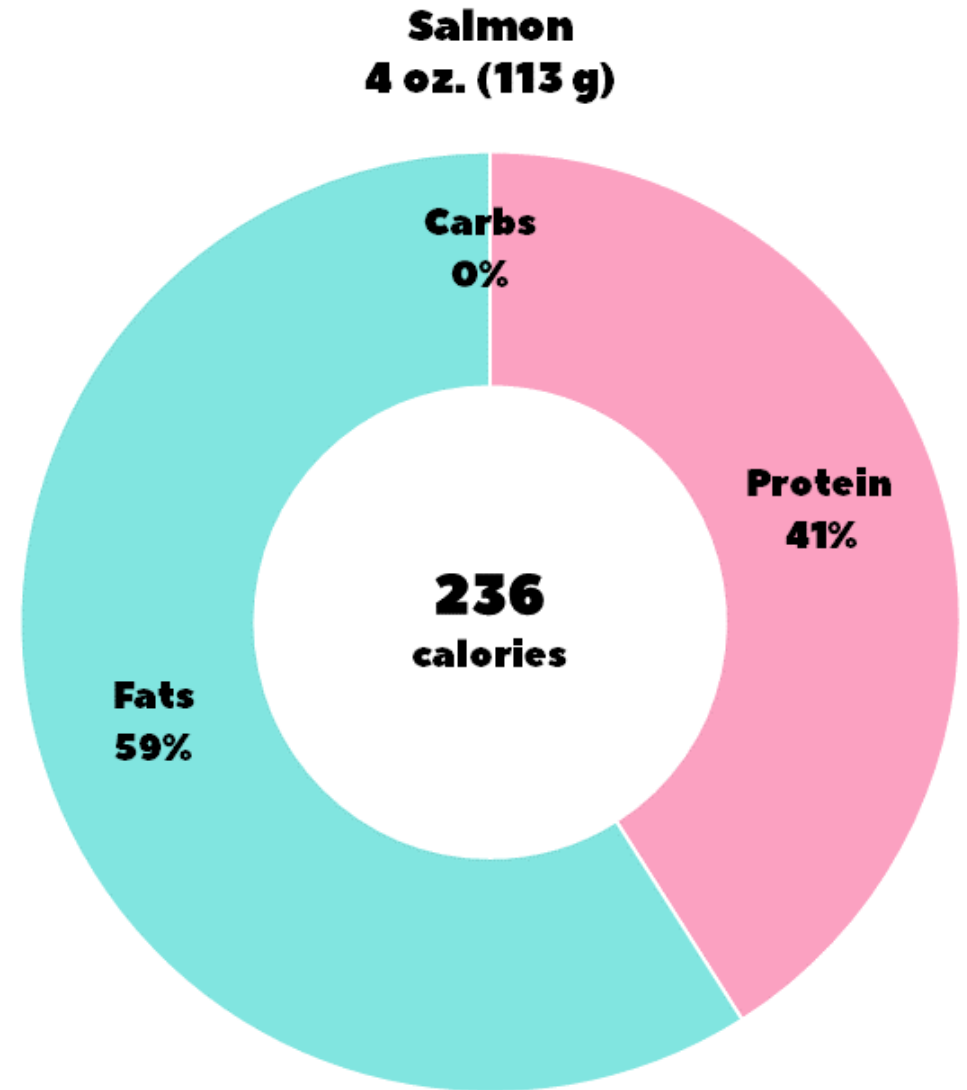


# Salmon

Serving size: 4 oz. (113 g)

Calories: 236

	% Daily Value
<b>Total Fat 15 g</b>	<b>25%</b>
Saturated fat: 3 g	
Polyunsaturated fat: 4 g	
Monounsaturated fat: 4 g	
<b>Total Carbohydrates: 0 g</b>	<b>0%</b>
Dietary fiber: 0 g	
Sugar: 0 g	
<b>Protein: 23 g</b>	<b>15%</b>

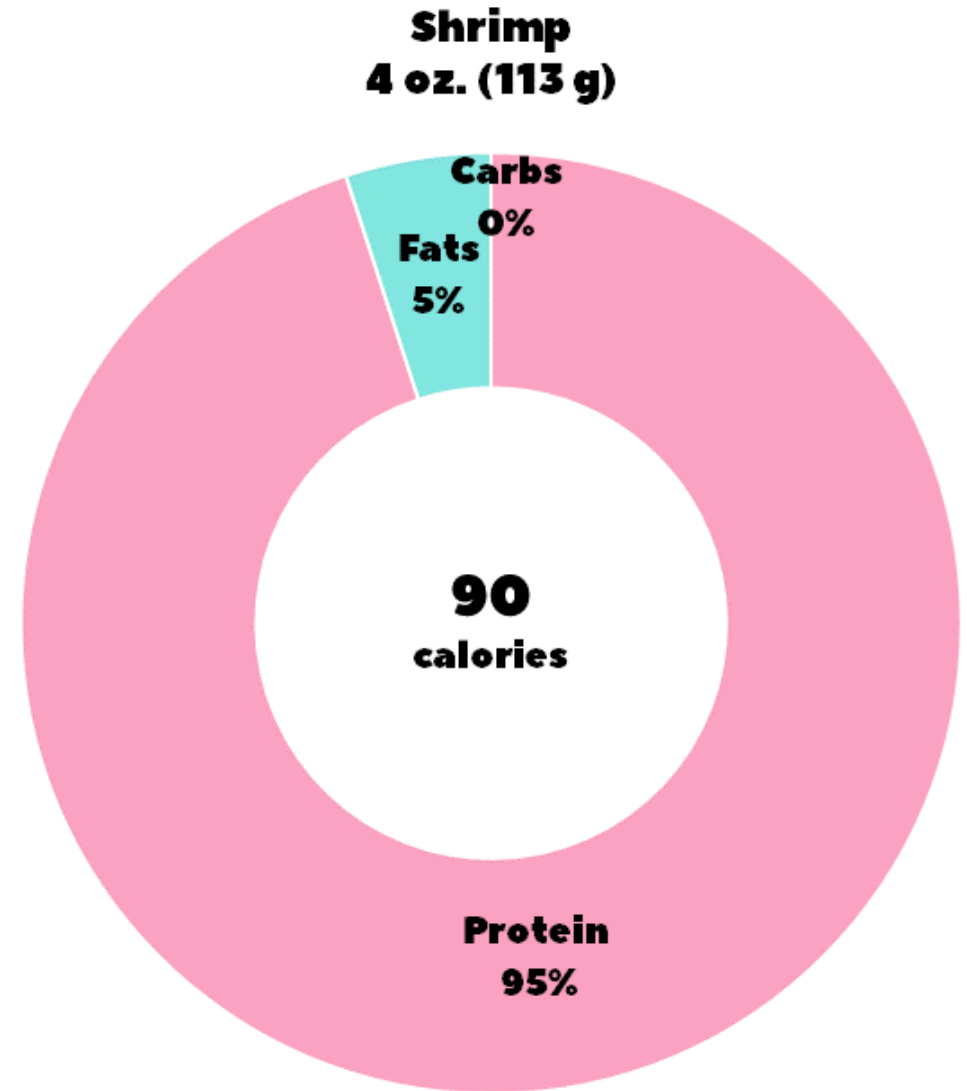


# Shrimp

Serving size: 4 oz. (113 g)

Calories: 90

	% Daily Value
<b>Total Fat: 0.5 g</b>	<b>0%</b>
Saturated fat: 0 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
<b>Total Carbohydrates: 0 g</b>	<b>0%</b>
Dietary fiber: 0 g	
Sugars: 0 g	
<b>Protein: 22 g</b>	<b>15%</b>





# Tofu

Serving size: 4 oz. (113 g)

Calories: 86

	% Daily Value
<b>Total Fat: 5 g</b>	<b>9%</b>
Saturated fat: 1 g	
Polyunsaturated fat: 3 g	
Monounsaturated fat: 1 g	
<b>Total Carbohydrates: 2 g</b>	<b>2%</b>
Dietary fiber: 0.5 g	
Sugars: 0 g	
<b>Protein: 9 g</b>	<b>6%</b>

