

PROTEIN



Age	0-30	31-40	41-50	51-60	61-70
No Calorie Deficit	1.8-2.0 g/kg LBM	2.0-2.3 g/kg LBM	2.3g-2.6 g/kg LBM	2.6-2.9 g/kg LBM	2.9-3.2 g/kg LBM
Calorie Deficit	2.2-2.4 g/kg LBM	2.4-2.8 g/kg LBM	2.8-3.1 g/kg LBM	3.1-3.5 g/kg LBM	3.5-3.8 g/kg LBM

Protein recommendations based on lean body mass, age, and whether an individual is in a deficit.



LEAN BEEF
150G (RAW)



CHICKEN
150G (RAW)



FISH
150G (RAW)



TUNA
95G (CAN)

LEAN MEAT, POULTRY AND FISH
20-35G PROTEIN EACH SERVE



MILK
1 CUP



HIGH PROTEIN MILK
1 CUP



YOGHURT
170G (TUB)



CHEESE
35G

DAIRY FOODS
10-15G PROTEIN EACH SERVE



EGGS
2 (50G EACH)



TOFU
100G



NUTS
30G



LEGUMES
½ CUP

EGGS AND MEAT ALTERNATIVES
5-12G PROTEIN EACH SERVE

1 Lean Chicken Breast



(54.5g)
in a 6oz breast
267 calories

2 Lean Pork Chops



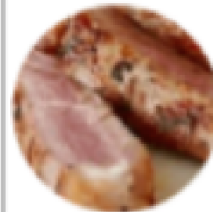
(52.7g)
in a 6oz chop
332 calories

3 Tuna



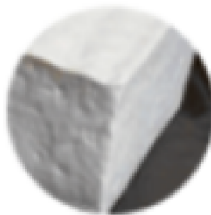
(50.8g)
in a 6oz fillet
313 calories

4 Beef (Skirt Steak)



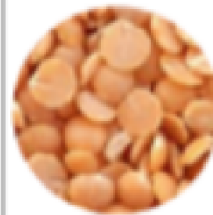
(48.7g)
per 6oz steak
456 calories

5 Firm Tofu



(43.5g)
per cup
363 calories

6 Lentils



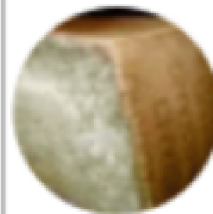
(17.9g)
per cup
230 calories

7 Low-Fat Yogurt



(14g)
per cup
137 calories

8 Grated Parmesan



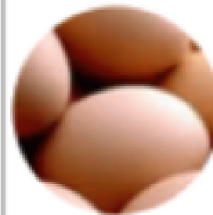
(10.2g)
per oz
111 calories

9 Squash and Pumpkin Seeds



(8.5g)
per 1oz handful
163 calories

10 Eggs



(6.3g)
in 1 large egg
78 calories



Hummus
2 Tbsp. = 2g



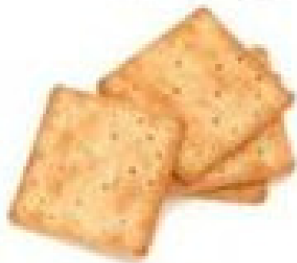
Broccoli
3/4 cup = 2g



Popcorn
2 cups = 2g



Avocado
1/2 = 2g



Whole Grain Crackers
15 = 3g



Tortilla
8-inch = 3g



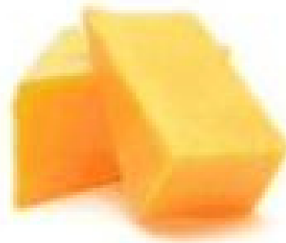
Yogurt
1/2 cup = 5g



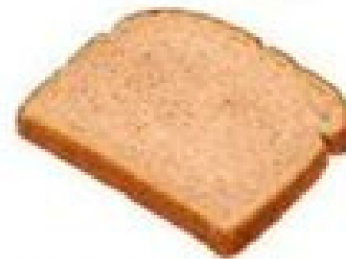
Roasted Chickpeas
1/4 cup = 5g



String Cheese
1 = 6g



Cheddar Cheese
1 oz. = 6g



Whole Grain Bread
1 slice = 6g



Hard-Boiled Egg
1 large = 6g



California Roll
5 pieces = 6g



Sunflower Seed Butter
2 Tbsp = 7g



Milk, dairy or soy
1 cup = 8g



Edamame, in pods
1 cup = 9g



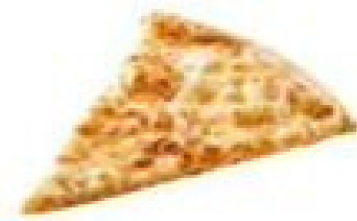
Vegetarian Burger
or "Chicken" Patty
9 g



Tofu
3 oz. = 9g



Cheese Tortellini
3/4 cup = 10g



Slice of cheese pizza,
from 14" pizza
12g



Greek Yogurt

23 grams of protein
per cup



Lentils

4 grams of protein
per 1/4 cup (cooked)



Beans

(chickpeas, black
beans, etc.) 4 grams
of protein per 1/4 cup



Cottage Cheese

14 grams of protein
per 1/2 cup



Hemp Seeds

4 grams of protein
per 1 tablespoon



Chia Seeds

3 grams of protein
per 1 tablespoon



Edamame

5 grams of protein
per 1/4 cup (shelled)



Green Peas

8 grams of
protein per cup



Quinoa

8 grams of protein
per cup (cooked)



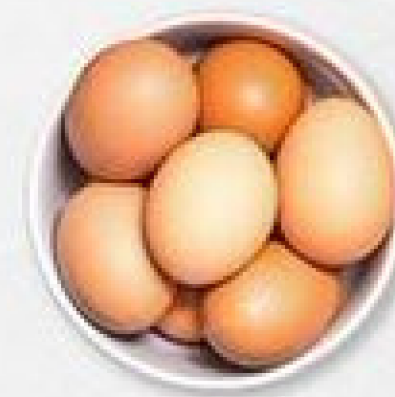
Peanut Butter

3.5 grams of protein
per 1 tablespoon



Almonds

3 grams per 1/2
ounce



Eggs

6 grams of protein
per large egg