



Protein Cheat Sheet

CAROLINA HORMONE AND HEALTH CENTER

BEEF



220 calories
Protein 22g
Serving Size: 3oz cooked

PORK



202 calories
Protein 22g
Serving Size: 3oz cooked

SALMON



468 calories
Protein 50g
Serving Size: 1 filet cooked

SHRIMP



160 calories
Protein 30g
Serving Size: 5.7 oz cooked

CHICKEN



187 calories
Protein 20g
Serving Size: 3 oz. cooked

COD



189 calories
Protein 41g
Serving Size: 1 filet cooked



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RED BEANS



225 calories
Protein 15g
Serving Size: 1 cup

QUINOA



222 calories
Protein 8.2g
Serving Size: 1 cup cooked

ALMOND NUT BUTTER



98 calories
Protein 3.4g
Serving Size: 1 tbsp

CHICKPEAS



269 calories
Protein 15g
Serving Size: 1 cup

YOGURT



107 calories
Protein 8.9g
Serving Size: 6 oz.

LENTILS



230 calories
Protein 18g
Serving Size: 1 cup cooked