

Protein List

Grams Protein per meal 30

Food	Grams	Protein	Carbs	Fat	Calories	Ounces
Chicken Breast	129.75	30	0	2.25	151.5	4.58
Egg Whites	273.75	30	2.25	0.00	139.5	9.66
Fresh Turkey Breast	122.25	30	0	1.50	141.75	4.31
Tilapia	161.25	30	6	1.50	139.5	5.69
Red Snapper	150	30	0	1.50	139.5	5.29
Ahi Tuna	120	30	0	5.25	174	4.23
Swordfish	157.5	30	0	6.00	248	5.56
Scallop	195	30	6.75	0.75	158.25	6.88
Shrimp 11-15 ct	165	30	2.25	1.50	150	5.82
Sirloin Steak	138.75	30	0	2.25	138.75	4.89
Filet Mignon	138.75	30	0	11.25	222.75	4.89
pork tenderloin	160.2	30	1.44	4.28	171.42	5.65
atlantic salmon	148.5	30	0	20.25	309	5.24
wild sockeye salmon	140.85	30	0	12.11	236.4	4.97
mahi Mahi	157.5	30	0	1.88	168.75	5.56
chilean sea bass	161.25	30	0	3.75	156.24	5.69