

# 30 DAY PROTEIN CHALLENGE

## STOCK YOUR PROTEIN PANTRY

Here's a helpful guide to stock up on protein staples so you can easily enjoy flavorful, protein-rich meals any time of the day.



### MEAT/EGGS (cooked)

3 oz Strip Steak	25g	180 kcal
3 oz 95% lean Ground Beef	22g	140 kcal
3 oz ground chicken	20g	160 kcal
3 oz ground turkey	22g	165 kcal
3 oz ground pork	26g	160 kcal
3 oz lamb chops	23g	160 kcal
3 oz pork tenderloin	22g	120 kcal
3 oz pork chops	24g	200 kcal
3 oz roasted ham	21g	135 kcal
3 oz skinless chicken breast	26g	130 kcal
3 oz deli roast beef	17g	155 kcal
3 oz deli turkey	12g	90 kcal
3 oz deli ham	14g	110 kcal
3 slices cooked bacon	11g	160 kcal
1 large egg	6g	90 kcal
1 oz beef jerky	15g	115 kcal

### FISH/SEAFOOD

3 oz canned tuna	20g	110 kcal
3 oz filet of catfish	16g	90 kcal
3 oz filet of tilapia	22g	110 kcal
3 oz filet of salmon	19g	155 kcal
3 oz crabmeat	15g	70 kcal
3 oz shrimp	19g	100 kcal
3 oz lobster	16g	75 kcal

### GRAINS

½ cup cooked brown rice	2.5g	110 kcal
½ cup cooked spelt	5.5g	125 kcal
½ cup cooked quinoa	4g	110 kcal
½ cup cooked amaranth	5g	125 kcal
1 cup cooked oatmeal	6g	165 kcal

### DAIRY

6 oz nonfat Greek plain yogurt	17g	100 kcal
6 oz nonfat yogurt	9g	110 kcal
1 oz Swiss cheese	8g	105 kcal
1 oz American cheese	5g	100 kcal
1 oz cheddar cheese	7g	115 kcal
1 cheese stick/string cheese	5-8g	70-85 kcal
8 oz low-fat cottage cheese	27g	195 kcal
8 oz skim milk	8g	85 kcal

### BEANS

½ cup cooked pinto beans	8g	120 kcal
½ cup cooked black beans	8g	115 kcal
½ cup cooked kidney beans	7g	105 kcal
½ cup cooked garbanzo beans	7g	135 kcal
½ cup cooked edamame	8g	95 kcal
½ cup tofu	10g	95 kcal

### NUTS/SEEDS

2 tbsp peanut butter	8g	190 kcal
2 tbsp almond butter	7g	195 kcal
1 oz peanuts	7g	160 kcal
1 oz almonds	6g	165 kcal
1 oz pistachios	6g	160 kcal
1 oz walnuts	4g	185 kcal
1 oz pecans	3g	195 kcal
1 oz pumpkin seeds	5g	125 kcal
1 oz sunflower seeds	5g	175 kcal