



# PROTEIN COUNTER

(IN GRAMS)

## MEATS

Beef burrito, 2	27.0
Beef, 3oz	24.0
Bologna, 1oz	3.8
Cheeseburger, 3.5oz	17.8
Chicken salad, 2oz	4.9
Chicken, 3oz	25.0
White chicken, 2pc	35.7
Dark chicken, 2pc	30.1
Egg, 1	6.0
Hot dog, 1	7.0
Lamb, 3oz	23.0
Liver, 3.5oz	26.0
Pork, 3oz	21.0
Sub w/cold cuts, 8oz	21.8
Turkey, 3oz	27.0
Venison-dried, 3.5oz	31.4

## FISH

Atlantic perch, 3oz	20.0
Crab, 3oz steamed	16.5
Halibut, 3.5oz	26.0
Lobster, 3oz	17.4
Oysters, 6 medium	6.0
Salmon, 3oz	17.0
Shrimp, 3oz	18.0
Snapper, 3oz	22.4

## DAIRY

Milk, 1C	8.0
Cheddar/Swiss, 1oz	7.0
Cottage cheese, ½ cup	12.0
Yogurt, 1 cup	7.0
Butter, 1 Tbsp	0.1
Parmesan cheese, 1oz	10.0
Vanilla shake, 10oz	10.0
Eggnog, 1 cup	12.0
Ice cream, 1 cup	6.0

## BEANS

Bean burrito, 2	14.0
Black beans, ½ cup	7.6
Chick peas/Hummmus, ½ cup	5.9
Green peas, ½ cup	6.1
Kidney beans, ½ cup	7.0
Lima beans, ½ cup	7.3
Navy beans, ½ cup	7.0
Pinto beans, ½ cup	7.0

## VEGETABLES

Asparagus, ½ cup	2.3
Broccoli, ½ cup	2.3
Cabbage, ½ cup cooked	1.2
Carrot, 1	0.6
Cauliflower, 2oz	1.1
Celery, 1 large stalk	0.3
Corn, 1 cup	5.0
Cucumber, 2oz	0.2
Green beans, ½ cup	0.8
Lettuce, ½ cup	0.3
Potato, medium	2.0
Spinach, ¼ cup	1.0
Sweet potato, medium	2.0
Tomato, 1	1.0
Yams, ½ cup	1.0
Yellow squash, ½ cup	0.8

## GRAINS/CEREALS

Rice, 1 cup brown	6.0
Rice, 1 cup white	2.4
Noodles, 1 cup	6.0
White bread, 1 slice	2.2
Wheat bread, 1 slice	2.6
Saltines, 4	1.0
French fries, 20-25	3.0
Tortillas, 1	1.2
Bagel, 2oz	6.0
Cornbread	3.3
English muffin	5.1
Croissant	5.0
Bran muffin, 1 medium	3.1
Cheerios, 1¼ cup	3.8
Granola, ¼ cup	4.0
Shredded wheat, cup	3.0
Wheat germ, 1tbsp	2.0
Grits, ½ cup cooked	1.7
Quinoa, ½ cup	5.0
Semolina pasta, 1 cup	4.0
Kamut/Spelt pasta, 1 cup	10.0
Oatmeal, ¾ cup	4.6
Pretzels, 1oz	3.1

## FRUITS/JUICES

Apple, 1 medium	0.3
Banana, 1	1.2
Cantaloupe, ¼	1.0
Dried apricots, 1 cup	5.0
Dried dates, 1 cup	4.0
Grape juice, 4oz	0.3
Grapes, 1 cup	0.6
Orange juice, 4oz	1.0
Orange, 1 medium	1.6
Peach, 1 medium	0.6
Pear, 1	0.7
Prune juice, 8oz	1.6
Raisins, ½ cup	2.5
Strawberries, 1 cup	1.0
Vegetable juice, 4oz	1.0

## SOUPS

Beef Broth, 1 cup	5.0
Cheese, 1 cup	5.4
Chicken noodle, 1 cup	3.4
Chili & beans, 1 cup	18.0
Clam chowder, 1 cup	4.8
Tomato, 1 cup	2.5
Vegetable, 1 cup	3.0

## NUTS

Peanut butter, 1 tbsp	4.0
Peanuts, ¼ cup	9.0
Pinenuts, ¼ cup	8.0
Soy nuts, roasted, cup	12.0
Sunflower seeds, 1oz	6.5
Walnuts, ¼ cup	6.0

## OTHER

Cheese pizza, 1 slice	7.7
Salad w/turkey, ham, chs, 1 cup	26.0
Tofu, firm ¼ block	12.8
Tofu, reg ¼ block	9.4

## SUGAR

Colas	0.0
White sugar	0.0
Caramels	trace
Honey	0.1

## JUNK FOOD

Corn chips, 1oz	2.0
Potato chips, 16 pcs	0.8
Popcorn, 1 cup popped	0.8



# PROTEIN TRACKER

To find out if you are getting enough protein in your diet, calculate your daily protein needs with this formula:

1. Take your weight in pounds and divide by 2.2. That equals your weight in kilograms.
2. Determine your activity range (0.8 = low activity level, 1.1 = moderate activity level, 1.4 = high activity level)
3. Take your weight in kilograms and multiply by your activity range. That equals the number of protein grams recommended per day.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	TOTAL (IN GRAMS)
WEEK 1	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						
WEEK 2	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						
WEEK 3	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						
WEEK 4	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						

The information provided is intended to be informative and educational and is not a replacement for professional medical evaluation, advice, diagnosis or treatment by a healthcare professional. Calculations do not apply if you are under stress, you are pregnant or you are recovering from an illness.