High Protein Foods Chart Printable: 42 Foods, Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/high-protein-foods-chart-printable/

High Protein Foods Chart Printable: 42 Foods With Grams

Legend: approx. protein and calories per serving, cooked unless noted, rounded from USDA FoodData Central. Brands vary.

Meat and Poultry

Food	Serving	Protein	Calories
Chicken breast, skinless	3 oz (85 g)	~26 g	~140
Beef sirloin steak, lean	3 oz (85 g)	~25 g	~160
Turkey breast, roasted	3 oz (85 g)	~25 g	~130
Ground beef, 93% lean	3 oz (85 g)	~22 g	~165
Pork tenderloin	3 oz (85 g)	~22 g	~125
Chicken thigh, skinless	3 oz (85 g)	~21 g	~170

Fish and Seafood

Food	Serving	Protein	Calories
Tilapia	3 oz (85 g)	~22 g	~110
Salmon, Atlantic	3 oz (85 g)	~22 g	~175
Sardines, canned, drained	3 oz (85 g)	~21 g	~175
Tuna, canned light, drained	3 oz (85 g)	~20 g	~100
Shrimp	3 oz (85 g)	~20 g	~85
Cod	3 oz (85 g)	~19 g	~90

Eggs and Dairy

Food	Serving	Protein	Calories
Greek yogurt, plain nonfat	6 oz (170 g)	~17 g	~100
Ricotta, part-skim	1/2 cup	~14 g	~170
Cottage cheese, 2%	1/2 cup	~13 g	~90
Egg whites	3 large	~11 g	~50
Milk, 2%	1 cup (8 oz)	~8 g	~120
Cheddar cheese	1 oz (28 g)	~7 g	~115
String cheese, part-skim	1 stick	~7 g	~80
Whole egg	1 large	~6 g	~72

Beans, Soy and Plant Proteins

Food	Serving	Protein	Calories
Tempeh	3 oz (85 g)	~17 g	~160
Edamame, shelled	1/2 cup	~9 g	~95
Lentils	1/2 cup	~9 g	~115
Tofu, firm, packaged	3 oz (85 g)	~9 g	~85
Black beans	1/2 cup	~8 g	~115
Soy milk, unsweetened	1 cup (8 oz)	~7 g	~80
Chickpeas	1/2 cup	~7 g	~135

Nuts and Seeds

Food	Serving	Protein	Calories
Hemp seeds, hulled	3 tbsp	~10 g	~165
Pumpkin seeds, hulled	1 oz (28 g)	~8 g	~160
Peanuts	1 oz (28 g)	~7 g	~165
Peanut butter	2 tbsp	~7 g	~190
Almonds	1 oz (about 23)	~6 g	~165
Sunflower seeds, hulled	1 oz (28 g)	~6 g	~165
Chia seeds	1 oz (about 2 tbsp)	~5 g	~140

Grains and Vegetables

Food	Serving	Protein	Calories
Quinoa	1 cup	~8 g	~220
Whole-wheat pasta	1 cup	~7 g	~175
Rolled oats, dry	1/2 cup	~5 g	~150
Spinach	1 cup	~5 g	~40
Brown rice	1 cup	~5 g	~220
Whole-wheat bread	1 slice	~4 g	~80
Broccoli, chopped	1 cup	~4 g	~55
Potato, baked with skin	1 medium	~4 g	~160

Daily Protein Quick Math

- Baseline for healthy adults: 0.8 g per kg of body weight (about 0.36 g per pound).
- 150 lb adult: about 55 g a day.
- 200 lb adult: about 72 g a day.
- Older or very active adults may need more. Ask your doctor or a dietitian.

Easy 20 to 30 Gram Combos

- 6 oz Greek yogurt + 3 tbsp hemp seeds: about 27 g
- 2 eggs + 1/2 cup cottage cheese: about 25 g
- 3 oz tempeh + 1/2 cup lentils: about 26 g
- 3 oz canned tuna + 2 slices whole-wheat bread: about 28 g
- 1 cup milk + 1/2 cup oats + 2 tbsp peanut butter: about 20 g