

### Protein Source List

Food	Portion	Calories	Protein (g)	Food	Portion	Calories	Protein (g)
Beans, Canned, Baked	¼ cup	62	4	Milk, skim plus	¼ cup	30	3
Beans, Canned, Kidney	¼ cup	56	4	Peas, canned, chick	¼ cup	67	4
Beef Eye of Round	1 ounce	47	7	Pork Tenderloin	1 ounce	47	7
Beef Top Loin	1 ounce	59	7	Pork Loin Chop	1 ounce	57	7
Cheese, American Fat-free	1 ounce	40	6	Protein Powder	1 scoop	110	16-23
Cheese, Cottage 1% Fat	½ cup	82	14	Salmon	1 ounce	52	7
Cheese, Mozzarella, Part-skim	1 ounce	78	8	Shrimp	1 ounce	28	6
Cheese, Ricotta, Part-skim	¼ cup	90	8	Soybeans (edamame)	¼ cup	75	7
Chicken, white breast meat, no skin	1 ounce	46	7	Soy Milk, plain	¼ cup	20	2
Chicken, Leg, no skin	1 ounce	54	7	Soy Nuts	¼ cup	202	15
Chicken, ground	1 ounce	53	7	Swordfish	1 ounce	44	7
Cod, white, baked	1 ounce	30	6	Tempeh	¼ cup	82	8
Crab, steamed	1 ounce	27	5	Textured soy protein (TVP)	¼ cup	30	5
Egg, hard cooked	1	78	6	Tofu	¼ cup	47	5
Egg beaters	¼ cup	30	6	Tuna, canned, in water	1 ounce	37	8
Flounder	1 ounce	21	7	Turkey, ground	1 ounce	66	8
Halibut	1 ounce	40	7	Turkey, white meat	1 ounce	35	7
Ham, lean, 5% fat	1 ounce	44	7	Veal loin	1 ounce	50	7
Hamburger, 90% lean	1 ounce	56	7	Veal, top round	1 ounce	43	7
Lobster	1 ounce	26	5	Yogurt, sugar-free, fat-free, frozen	¼ cup	40	4
Milk, skim	¼ cup	21	2	Yogurt, Greek, no fruit, fat-free	¼ cup	34	5

### Recommended Protein Supplements

Clear Liquid Protein	Amount	Calories	Fat (g)	Carbohydrates (g)	Protein (g)
Sunkist Protein - Protica	2.5 ounces	100	0	1	24
Isopure Protein Drink	20 ounces	160	0	0	40
Profect - Protica	2.9 ounces	100	0	0	25
Dymatize Iso 100 Clear	20 ounces	170	0	2	40
Healthy Shot/Double Protein	2.5 ounces	0	0	1	24
Protein Shake	Amount	Calories	Fat (g)	Carbohydrates (g)	Protein (g)
Pure Protein	11 ounces	170	1	4	35
Muscle Milk Pro	11 ounces	160	2.5	6	32
Muscle Milk Light	11 ounces	100	0	2	20
Premier Protein	11 ounces	160	3	4	30
Protein Powders (add to skim milk or water)	Amount	Calories	Fat (g)	Carbohydrates (g)	Protein (g)
Dymatize Iso 100	1 scoop	110	0	1	25
Designer Whey	1 scoop	100	2	3	18
Plant Fusion (plant protein)	1 scoop	120	2	4	21
Jay Robb's Whey Protein	1 scoop	110	0	1	25
Unjury	1 scoop	100	0	4	21
Bariatric Fusion	1 scoop	120	1	7	27

Where to purchase: **GNC, Vitamin Shoppe, ShopRite, Stop and Shop, Whole Foods, Trader Joe's, Walgreens, CVS, Wal-Mart, Target or through the Internet.**