

High Protein Foods List

16 easy protein foods to include in your meals and snacks.

Lean Meats	Eggs & Dairy	Plant-Based
 Chicken breast 25g 25g per 3 oz cooked per 3 oz oz	 Large eggs 6g 6g per 1 large egg per	 Edamame 18g 18g per 1c cooked -per meal ₂
 Turkey breast 25g 25g per 3 oz cooked per 3 oz coz	 Greek yogurt 15g 15g per ¼ cup per ½ cup	 Tofu 15g 15g per ½cup (firm) per ¼ cup
 Salmon 22g 22g per 3 oz cooked per 3 oz coz	 Cottage cheese 14g 14g per ¼ cup per 16 oz oz	 Lentils 9g 9g per ½cup cooked per cooked
 Tuna 22g 22g per 3 oz canned per 3 oz coz	 Milk 8g 8g per 1 cup per 1 cup	 Black beans 8g 8g per ½cup cooked per cooked
 Lean ground beef 22g 22g per 3 oz cooked per 3 oz coz	 Protein shake 15-30g 15-30g per per shake	 Chickpeas 8g 8g per ½cup cooked per cooked
 Shrimp 20g 20g per 3 oz cooked	<p>★ Tip: Pick a few high protein foods from this list to enjoy with each meal and snack.</p>	

Weekly Protein Tracker

Simple choices • Real food • One week at a time

Name:		Week of:		Daily Protein Goal:	90g-120g	
Day	Breakfast (g)	Lunch (g)	Dinner (g)	Snacks (g)	Daily Total (g)	✓
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Tip: Protein at every meal helps support muscle, metabolism, and fullness, especially after 50.