



Suggested Shopping List

Meat/ Poultry/ Seafood

Chicken breast
Lean ground turkey
Lean ground beef
Lean steak
Lean pork chops
Chicken or turkey sausages
Chicken or turkey meatballs
Salmon, tilapia, etc.
Canned tuna
Shrimp, crab, etc.
Fresh sliced deli meats
Eggs
Lean, low sodium jerky

Vegetables

Leafy greens
Onions
Brussel Sprouts
Bell Peppers
Cucumbers
Tomatoes
Lettuce
Zucchini/summer squash
Spaghetti Squash
Edamame
Avocado
Carrots
Mushrooms

Fats/Oils

olive oil
olive oil mayo
yogurt based dressings
oil/vinegar dressings
almonds
avocados
butter

Bars (limit amount)

Pure protein
Premier protein
Quest
Think thin
Power crunch

Dairy Products

Milk
Unsweetened almond or coconut milk substitute
Low fat cottage cheese
Low fat string cheese
Fage plain greek yogurt
Dannon light and fit greek yogurt
Dannon Oikos triple zero greek yogurt
Siggi's yogurt
Chobani 100 greek yogurt
Low fat sliced cheeses
Silk coconut coffee creamer
Half & half

Fruits

Small apples
Clementines
Berries
Kiwis
Small peaches
Pears
Nectarines
Plums

Grains

Quinoa
Bulgur
Couscous
Brown rice
Steel cut oats
Special K protein plus cereal
Oro wheat sandwich thins
Sara Lee 45 calorie bread
Flat Out breads
Low carb tortillas

Desert Options

Yasso frozen greek yogurt bar (80 calories)
Jello 60 calorie pudding cups
Low fat fudgsicle pop (60 calories)
Arctic Zero 'fit frozen desserts'
1 (ONE) square extra dark chocolate (>72% dark)

Other

Coffee
Tea
Mio water flavoring
Crystal light
Mineral Water

Protein

An ounce of meat, chicken or fish has approximately 7 grams of protein. A serving the size of a deck of cards is approximately 3 ounces.

Beef

- Hamburger patty, 4 oz – 28g protein
- Steak, 6 oz – 42g protein
- Most cuts of beef – 7g protein per ounce

Chicken

- Chicken breast, 3.5oz – 30g protein
- Chicken thigh – 10g protein (average size)
- Drumstick – 11g protein
- Wing – 6g protein
- Chicken meat, cooked, 4oz – 35g protein

Fish

- Most fish fillets/steaks are about 22g protein for 3.5 oz cooked, or about 6g per oz
- Tuna, 4 oz can – 28g protein

Pork

- Pork chop, average – 22g protein
- Pork loin or tenderloin, 4 oz – 29g protein
- Ham, 3 oz – 19g protein
- Ground pork, 3 oz cooked – 22g protein
- Bacon, 1 slice – 3g protein
- Canadian-style bacon, 1 slice – 5 or 6g protein

Eggs and Dairy

- Egg, large – 7g protein
- Milk, 1 cup (8oz) – 8g protein
- Cottage cheese, ¼ cup – 8g protein
- Yogurt, 1cup – 8-12g protein
- Greek yogurt, 1 cup – 22g protein
- Soft cheeses (Mozzarella, Brie, Camembert), 1oz – 6g protein
- Semi-Soft cheeses (Cheddar, Swiss), 1oz – 7 or 8g protein
- Hard cheeses (Parmesan), 1 oz – 10g protein

Beans (including soy)

Tofu, 1oz – 2.3g protein

Soy Milk, 1 cup (8oz) – 6-10g protein

Soy Beans, ½ cup cooked – 14g protein

Split Peas, ½ cup cooked – 8g protein

Most beans (black, pinto, lentils, etc), ½ cup cooked – 7-10g protein

Nuts and Seeds

Peanut butter, 2 tbsp – 8g protein

Almonds, ¼ cup – 8g protein

Peanuts, ¼ cup – 9g protein

Cashews, ¼ cup – 5g protein

Pecans, ¼ cup – 2.5g protein

Sunflower seeds, ¼ cup – 6g protein

Pumpkin seeds, ¼ cup – 8g protein

Flax seeds, ¼ cup – 8g protein

High Protein Recipe Websites

www.fatsecret.com (choose high protein, low carbohydrate recipes)

www.paleoplan.com/recipes

www.recipes.sparkpeople.com

www.skinnytaste.com

www.proteinpow.com

www.pinterest.com (search high protein recipes)

www.allrecipes.com (advanced search allows you to enter in specific ingredients)