

TOP 20 SOURCES OF PROTEIN

PER CALORIE

PROTEIN SOURCE	PROTEIN (G/OZ)	CALORIES (PER OZ)
1. Egg Whites	3.6	3.6
2. Cod	6.8	25
3. Tilapia	6.9	26
4. Shrimp	6.8	30
5. Tuna (canned in water)	7.0	33
6. Chicken Breast (skinless)	7.5	34
7. Turkey Breast	8.0	38
8. Pork Tenderloin	6.6	40
9. Whole Eggs	6	41
10. Ground Turkey (93% lean)	5.5	53
11. Ground Beef (95% lean)	6.2	57
12. Sirloin Steak (lean cut)	6.3	60
13. Greek Yogurt (non-fat)	3.5	60
14. Cottage Cheese (low-fat)	3.4	72
15. Seitan	6.8	104
16. Tofu (firm)	2.3	41
17. Lentils (cooked)	2.4	33
18. Black Beans (cooked)	2.2	37
19. Almonds	6.0	163
20. Peanuts	7.0	166

Recommendation: 0.8-1g of protein per pound of target weight

TOP 20 SOURCES OF FIBER

PER CALORIE

FIBER SOURCE	FIBER (G/OZ)	CALORIES (PER OZ)
Spinach (raw)	0.7	7
Kale (raw)	0.5	10
Broccoli	0.7	10
Cauliflower	0.6	11
Green Beans	0.5	12
Raspberries	1.5	15
Blackberries	1.3	15
Carrots (raw)	0.8	15
Zucchini	0.4	15
Strawberries	0.9	18
Brussels Sprouts (cooked)	1.0	20
Chickpeas (cooked)	2.6	45
Lentils (cooked)	2.4	70
Black Beans (cooked)	2.3	62
Oats (dry)	2.7	110
Chia Seeds	10.0	138
Flaxseeds	7.0	150
Almonds	3.5	163
Sweet Potato (baked w/skin)	1.2	26
Quinoa (cooked)	1.3	57

Recommendation: 12-15g of fiber per 1000 calories consumed