

Protein Cheat Sheet

Women: ~120–140g/day · Men: ~150–200g/day
Weigh food **after** cooking for accuracy

Every weight below is measured on a kitchen scale after cooking. Use these numbers to hit your daily protein target — spread intake across 3–4 meals for best absorption.

POULTRY

Chicken Breast <i>Lean poultry · cooked</i>	Chicken Thighs <i>Poultry · cooked, boneless</i>	Ground Turkey <i>Lean poultry · cooked (93% lean)</i>	Turkey Breast <i>Lean poultry · cooked</i>
130g on the scale 40g	130g on the scale 34g	130g on the scale 35g	130g on the scale 39g
150g on the scale 46g	150g on the scale 39g	150g on the scale 40g	150g on the scale 45g
180g on the scale 56g	180g on the scale 47g	180g on the scale 49g	180g on the scale 54g

RED MEAT

Ground Beef <i>Red meat · cooked (93% lean)</i>	Sirloin Steak <i>Red meat · cooked</i>	Filet Mignon <i>Red meat · cooked</i>	Bison <i>Lean red meat · cooked (ground)</i>
130g on the scale 35g	130g on the scale 39g	130g on the scale 38g	130g on the scale 34g
150g on the scale 40g	150g on the scale 45g	150g on the scale 44g	150g on the scale 39g
180g on the scale 49g	180g on the scale 54g	180g on the scale 52g	180g on the scale 47g

GAME MEAT

Elk <i>Very lean game meat · cooked</i>			
130g on the scale 36g			
150g on the scale 42g			
180g on the scale 50g			

FISH & SEAFOOD

Salmon <i>Fatty fish · cooked</i>	Shrimp <i>Shellfish · cooked</i>	Cod <i>White fish · cooked</i>	
130g on the scale 32g	130g on the scale 31g	130g on the scale 30g	
150g on the scale 38g	150g on the scale 36g	150g on the scale 34g	
180g on the scale 45g	180g on the scale 43g	180g on the scale 41g	

EGGS

Egg Whites <i>Cooked · liquid egg whites</i>			
130g on the scale 14g			
150g on the scale 16g			
180g on the scale 20g			

PLANT PROTEIN

Chickpeas <i>Legume · cooked</i>	Lentils <i>Legume · cooked</i>	Black Beans <i>Legume · cooked</i>	Kidney Beans <i>Legume · cooked</i>
130g on the scale 12g	130g on the scale 12g	130g on the scale 12g	130g on the scale 12g
150g on the scale 14g	150g on the scale 14g	150g on the scale 14g	150g on the scale 14g
180g on the scale 16g	180g on the scale 16g	180g on the scale 16g	180g on the scale 16g

DAIRY & ALTERNATIVES

Paneer <i>Fresh cheese · Indian dairy</i>	Sheep Yogurt <i>Dairy · plain (higher fat than cow)</i>		
130g on the scale 23g	130g on the scale 5g		
150g on the scale 27g	150g on the scale 6g		
180g on the scale 32g	180g on the scale 7g		

SAMPLE HIGH-PROTEIN DAY (~154G)	PRO TIPS
180g chicken breast at breakfast 56g	• Spread it out — aim for 40–55g of protein per meal across 3–4 meals for best muscle synthesis.
130g salmon at lunch 32g	• Weigh after cooking — raw and cooked weights differ significantly — always weigh cooked food.
180g ground turkey at dinner 49g	• Pair with plants — combine animal proteins with legumes to boost total intake without excess fat.
130g sirloin steak (snack/2nd meal) 39g	• Egg whites stack easily — add 130g of egg whites to any meal for a quick +14g of protein.
Total 176g	• Hit your number — 1g per lb of bodyweight — e.g. 160 lb person = 160g protein/day.