

High Protein Food Chart

Per 3 oz (deck of cards) unless otherwise noted

	<i>Cal</i>	<i>S. Fat (g)</i>	<i>U.S Fat (g)</i>	<i>Carb (g)</i>	<i>Pro (g)</i>
Canned Tuna in water (1 can)	150	0	1.5	0	32.5
Chicken Breast	98	0.4	1	0	20
Sirloin Steak	166	2	4	0	26
Tofurky sausages	240	1	11	8	26
Flax tempeh (4 oz)	220		9	16	20
Bison Steak	175	2	3	0	24
Whey gourmet vanilla protein powder (30g)	130	0.5	2.5	3	23
Pork tenderloin	122	1	2	0	22.2
Ham (110G)	100	0	2	0	22
Cooked Lean Ground Turkey	140	2	5	0	21
Ground Beef (drained and rinsed)	130	0	5	0	21
Seitan	130		1.5	8	20
Extra lean Ground Bison	102	1.7	3.4	0	17.8
Salmon	121	1	4	0	17
White Fish	114	1	4	0	16.2
Cottage Cheese 1% (1/2C)	100	1	0.5	7	16
Greek yogurt plain, fat free (3/4)	150	0	0	24	15
Tofu	100			5	14
Egg Whites (1/2 C)	60	0	0	0	13
Kashi golean (1 C)	140	0	1	30	13
Yves veggie burger (1 burger)	140	0.5	5.5	9	13
Liberte Greek yogurt, flavoured, fat free(142g)	130	0	0	21	12
Hemp seeds 2 TBSP	160	9.8		7	11
Soy beans(1/2 C)	100		3.5	7	10
Special K Satisfction (1 1/4 C)	200	0	1	39	10
Milk 1% (1 C)	110	1.5	1	12	9
Red lentils (1/2 C)	115	0	1	20	9
Alaska Pollock imitation lobster (2/3 C)	100	0.2	0.5	14	8
Black beans (1/2 C)	113		0.5	20.4	7.6
Saputo pizza mozzarella cheese (30g/3 cm cube)	90	3.5	2.5	1	7
Silver hills little big bread (2 slices)	110	0	0.5	19	7
Alaska Pollock imitation crab (1/2 C)	90	0	0	17	6
Chicken bacon (2 slices)	60	1	4	1	6
Bear Naked peak oatmeal (1/4C)	140	0.5	7	15	6
Egg (1)	70	1.5	3.5	1	6

Turkey bites (1)
 Chicken hotdogs (1)
 Oatmeal 1/2 C
 Quinoa (1/2 C)
 Orowheat whole wheat bread (1 slice)
 Spirulina powder (1TBSP)

50	1	2	1	6
90	1.5	4.5	3	5
150	0.5	2.5	27	5
127			23	4.5
90			18	4
20			1.5	4