NUTRITION · PROTEIN GUIDE

Eating Enough *Protein*

Protein builds and repairs muscle, supports steady blood sugar and helps keep you full between meals. Your daily goal is based on your ideal body weight, not your current weight.

1 g
PER POUND
of ideal body weight

01 Find your daily goal

Dr. Bradshaw will help you set your ideal body weight

Ideal body weight *(lb)* × 1 = grams of protein a day

MY IDEAL BODY WEIGHT (LB)	MY DAILY PROTEIN GOAL (G)	PER MEAL, 3 MEALS (G)

02 A sample day

For a 130 g goal

BREAKFAST	3 eggs + 1 cup plain Greek yogurt	41 g
LUNCH	6 oz chicken breast	53 g
DINNER	6 oz salmon	38 g
TOTAL	Meets a 130 g goal	132 g

03 Tips

- [ ] **Start each meal with protein,** then add vegetables, fiber and healthy fats.
- [ ] **Spread it out.** Most people do best with a similar amount at each meal rather than most of it at dinner.
- [ ] **Weigh cooked portions at first.** A deck of cards is about 3 oz of cooked meat, so a 4 oz portion is a little bigger.
- [ ] **Batch-cook proteins** like chicken, ground turkey or salmon so a meal is always ready.

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Animal protein *by portion*

Grams of protein in cooked portions

Poultry	4 oz	6 oz	8 oz
Chicken breast skinless	35 g	53 g	70 g
Chicken thigh skinless	30 g	44 g	59 g
Turkey breast	34 g	51 g	68 g
Ground turkey 93% lean	31 g	46 g	62 g

Fish & seafood	4 oz	6 oz	8 oz
Salmon Atlantic	25 g	38 g	50 g
Tuna canned in water, drained	29 g	43 g	58 g
Tilapia	30 g	44 g	59 g
Cod	26 g	39 g	52 g
Shrimp	26 g	39 g	52 g

Beef & lamb	4 oz	6 oz	8 oz
Sirloin steak lean	33 g	49 g	66 g
Ground beef 90% lean	30 g	44 g	59 g
Ground beef 80% lean	29 g	44 g	58 g
Lamb leg lean	32 g	48 g	64 g

Pork	4 oz	6 oz	8 oz
Pork tenderloin	30 g	44 g	59 g
Pork chop center loin	30 g	46 g	61 g

Eggs & dairy	
Eggs 1 large	6 g
Eggs 3 large	18 g
Egg whites ½ cup	13 g
Greek yogurt, plain nonfat 1 cup	23 g
Cottage cheese, 2% 1 cup	24 g
Cheddar cheese 1 oz	7 g
Milk 1 cup	8 g

Raw vs. cooked: All weights are cooked. Meat and fish lose about a quarter of their weight as they cook, so about 5 oz raw makes a 4 oz cooked portion.

Protein amounts are approximate, based on USDA nutrient data, and vary by cut and brand.

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