

Protein Guide

1 ounce = 28 grams

Days 1-10	Tot.	Days 11-20	Tot.	Days 21-30	Total

Daily protein target: _____ grams per day

Protein Requirements

Sedentary: 0.26 grams per pound of ideal bodyweight

57 grams for my ideal body weight

Physically active: 0.4 - 0.5 grams per pound of ideal bodyweight

88 grams for my ideal body weight

Muscle building: 0.6 grams per pound of ideal bodyweight

132 grams for my ideal body weight

Food Protein Amounts – Grams per Ounce

<p><u>MEAT</u></p> <p>Beef 8</p> <p>Steak 9</p> <p>Bird breast 9</p> <p>Pork 8.5</p> <p>Tuna, canned 8</p> <p>Salmon 8</p> <p>Shrimp 6.5</p> <p>Crab 6</p> <p><u>EGGS</u> 6 per large egg</p> <p><u>NUTS & SEEDS</u> <i>(whole)</i></p> <p>Almonds 7 per ¼ cup</p> <p>Pumpkin seeds 7 per ¼ cup</p> <p>Sunflower seeds 7 per ¼ cup</p> <p>Brazil Nuts 5 per ¼ cup</p> <p>Cashews 5 per ¼ cup</p> <p>Walnuts 5.5 per ¼ cup</p> <p>Pecans 2.5 per ¼ cup</p>	<p><u>DAIRY</u></p> <p>Milk 8 per cup</p> <p>Cottage cheese 15 per ½ cup</p> <p>Yogurt 8-12 per cup</p> <p>Hard cheese 9</p> <p>Soft cheese 7</p> <p><u>VEGETABLES</u></p> <p>asparagus 3 per cup</p> <p>okra 3 per cup</p> <p>corn 4 per cup</p> <p>spinach 1</p> <p>mushrooms 2.5 per cup</p> <p>potato, baked 4</p> <p>peas 2</p> <p><u>WHOLE BREAD</u> 3 per slice</p> <p><u>BEANS</u> (cooked) 14-20 per cup</p> <p><u>PEANUT BUTTER</u> 4 per tablespoon</p>
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