

# 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

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