

PROTEINS



	SERVING	PROTEIN	CARBS	FAT	FIBER
Beef (ground) 90/10	4 oz	30	0	13	0
Beef (ground) 93/7	4 oz	29	0	11	0
Bison (roasted)	4 oz	29	0	10	2
Chicken Breast	4 oz	35	0	4	0
Cottage Cheese (0% fat)*	1/2 cup	13	5	0	0
Cottage Cheese (1% fat)*	1/2 cup	16	3	1	0
Crab	4 oz	21	0	1	0
Duck	4 oz	23	0	5	0
Egg (large)	1 egg	6	0	5	0
Egg Whites	3 tbsp	5	0	0	0
Elk (roasted)	4 oz	34	0	2	0
Fish (Cod)	4 oz	26	0	1	0
Fish (Halibut)	4 oz	31	0	3	0
Fish (Salmon)	4 oz	23	0	12	0
Fish (Snapper)	4 oz	30	0	2	0
Fish (Tilapia)	4 oz	30	0	3	0
Fish (Tuna)	4 oz	34	0	2	0
Fish (Tuna- canned in water)	3 oz	18	0	1	0
Greek Yogurt (fat free)*	6 oz	14	10	0	0
Ham (5% fat)	4 oz	24	0	2	0
Kangaroo	4 oz	23	0	2	0
Lobster	4 oz	21	1	1	0
Oysters	4 oz	6	6	2	0
Pork Loin	4 oz	31	0	17	0
Scallops	4 oz	19	3	2	0
Shrimp	4 oz	24	0	1	0
Squid (Calamari)	4 oz	18	4	2	0
Steak (Strip)	4 oz	27	0	5	0
String Cheese (low fat)*	1 stick	7	0	3	0
Turkey (ground- 93% lean)	4 oz	22	0	8	0
Turkey (ground- 99% lean)	4 oz	28	0	1	0
Venison	4 oz	34	0	4	0

*Macros vary slightly by brand