

Protein Rich Foods

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Food	Amount	Calories	Protein
Chicken or Turkey Breast, skinless, cooked	4 oz.	170	34
Beef or Pork, cooked	4 oz.	300	30-34
Salmon, cooked	4 oz.	200	25
Shrimp	4 oz.	140	24
Greek Yogurt, plain, 0% fat	6 oz.	100	17
Cottage Cheese, 1% fat	½ cup	80	14
Canned Light Tuna in Water, drained	2 oz.	50	14
Tofu, Extra-firm	4 oz.	110	11
Edamame, Shelled, Cooked	½ cup	125	11
Turkey breast, deli sliced	2 oz.	60	10
Yogurt, Plain, Nonfat	6 oz.	95	10
Milk, Fat-free	1 cup	80	9
Beans, All Varieties, Cooked	½ cup	120	8
Quinoa, Cooked	1 cup	220	8
Spaghetti, Cooked (or other pasta)	1 cup	220	8
Almond or Peanut Butter	2 Tablespoons	190	8
Cheddar or Swiss Cheese	1 oz.	110	7
Egg	1 large	70	6
Brie or Goat Cheese	1 oz.	90	6
Nuts (all varieties)	1 oz.	170	6
Whole Wheat Bread	1 slice	100	5
Hummus	2 Tablespoons	70	2
Cream Cheese	1oz.	100	2
Ice Cream or Frozen Yogurt	½ cup	140	2
Almond or Coconut Milk	1 cup	70	1

Source: USDA Nutrition Database