

HIGH-PROTEIN FOODS

Build balanced meals with ingredients you know

Ingredient	Serving Size	Protein (g)
Chicken breast	6 oz	52
Turkey breast	6 oz	50
Ground beef <i>lean</i>	6 oz	44
Chicken thighs	6 oz	42
Steak	6 oz	42
Tuna Steak	6 oz	40
Cod	6 oz	36
Salmon	6 oz	34
Canned tuna	5 oz	33
Shrimp	4 oz	28
Cottage cheese	1 cup	26
Greek yogurt	1 cup	23
Sardines	3 oz	21
Protein Powder	3 tbsp	20
Lentils <i>cooked</i>	1 cup	18
Tempeh	1/2 cup	15
★ Black beans	1 cup	15
★ Pinto beans	1 cup	15
★ Chickpeas	1 cup	14
Ricotta cheese	1/2 cup	14
Egg whites	4 large	14
Eggs	2 large	14
Parmesan Cheese	1 oz	11
Tofu <i>firm</i>	1/2 cup	10
Hemp seeds	3 tbsp	10
Edamame <i>cooked</i>	1/2 cup	9
Peanut butter	2 tbsp	8
★ Quinoa <i>cooked</i>	1 cup	8
Pumpkin seeds	1/4 cup	8
Milk 2 %	1 cup	8
Mozzarella Cheese	1/4 cup	7
★ Peanuts	1/4 cup	7
Sunflower seeds	1/4 cup	6

Why Protein Matters

- Builds and repairs muscles
- Keeps you full and focused
- Supports a healthy metabolism
- Steadies energy
- Supports metabolism and hormones

Easy Ways to Add More Protein

- Add Greek yogurt to breakfast or snacks
- Keep boiled eggs or string cheese in your fridge
- Mix hemp seeds, nut butter, or protein powder into smoothies
- Make a batch of bean/legume dense soup weekly (e.g. lentil soup or chili)
- Build meals around chicken, tofu, eggs, beans or yogurt
- Use quinoa or beans to bulk up bowls and salads
- Roast chickpeas or edamame for easy snacks

★ This ingredient is also high in fiber!

Daily Protein Goal: 0.8 grams of protein per kilogram of body weight

Tip: Spread your protein across meals and snacks instead of saving it all for dinner.

*Nutrition values based on USDA FoodData Central.
Serving sizes reflect realistic everyday portions*

HIGH-FIBER FOODS

Feel fuller, support digestion, and boost your gut health

	Ingredient	Serving Size	Fiber (g)
★	Navy beans	1 cup	19
★	Lentils <i>cooked</i>	1 cup	15
★	Black beans	1 cup	15
★	Pinto beans	1 cup	15
★	Chickpeas <i>cooked</i>	1 cup	12
	Chia seeds	2 tbsp	10
	Farro	1 cup	8
	Raspberries	1 cup	8
	Basil seeds	1 tbsp	7
	Dates	1/2 cup	6
	Artichoke	1/2 medium	6
	Pear <i>with skin</i>	1 medium	5.5
	Avocado	1/2 avocado	5
	Broccoli	1 cup	5
★	Quinoa <i>cooked</i>	1 cup	5
	Apple <i>with skin</i>	1 medium	4.5
	Blueberries	1 cup	4
	Oats <i>dry</i>	1/2 cup	4
	Sweet potato <i>w skin</i>	1 medium	4
★	Almonds	1/4 cup	4
	Brussel sprouts	1 cup	4
	Edamame <i>cooked</i>	1/2 cup	4
	Green peas <i>cooked</i>	1/2 cup	4
	Beets <i>cooked</i>	1 cup	3.8
	Figs <i>dried</i>	1/4 cup	3.7
	Barley <i>cooked</i>	1/2 cup	3.5
	Popcorn	3 cups	3.5
	Carrots	1 cup	3.5
	Brown rice <i>cooked</i>	1 cup	3.5
	Flax seeds <i>ground</i>	1 tbsp	3
	Banana	1 medium	3
	Kiwi	1 medium	2
	Whole wheat bread	1 slice	2

Why Fiber Matters

- Keeps you full longer
- Supports digestion and gut health
- Helps control blood sugar
- Can reduce cholesterol

Easy Ways to Eat More Fiber

- Stir chia or flax seeds into yogurt or overnight oats
- Add black beans or lentils to soups, tacos, and salads
- Choose whole wheat bread, pasta, and wraps
- Keep the skin on apples, pears, potatoes, and carrots
- Swap white rice with quinoa, barley, or bulgur
- Keep snacks like popcorn, almonds, or dried fruit in your bag/purse
- Use frozen veggies like peas or broccoli in stir-fries or casseroles
- Make oatmeal your go-to breakfast, or bake with oat flour

★ This ingredient is also high in protein!

Daily Fiber goal: women: 25g , men: 38g
Tip: If you're not tracking, try to include a fiber-rich food at every meal.

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feel good foodie™