

PROTEIN COUNTER

(IN GRAMS)

MEATS	Beef burrito, 2	27.0
	Beef, 3oz	24.0
	Bologna, 1oz	3.8
	Cheeseburger, 3.5oz	17.8
	Chicken salad, 2oz	4.9
	Chicken, 3oz	25.0
	White chicken, 2pc	35.7
	Dark chicken, 2pc	30.1
	Egg, 1	6.0
	Hot dog, 1	7.0
	Lamb, 3oz	23.0
	Liver, 3.5oz	26.0
	Pork, 3oz	21.0
	Sub w/cold cuts, 8oz	21.8
	Turkey, 3oz	27.0
	Venison-dried, 3.5oz	31.4

FISH	Atlantic perch, 3oz	20.0
	Crab, 3oz steamed	16.5
	Halibut, 3.5oz	26.0
	Lobster, 3oz	17.4
	Oysters, 6 medium	6.0
	Salmon, 3oz	17.0
	Shrimp, 3oz	18.0
	Snapper, 3oz	22.4

DAIRY	Milk, 1C	8.0
	Cheddar/Swiss, 1oz	7.0
	Cottage cheese, ½ cup	12.0
	Yogurt, 1 cup	7.0
	Butter, 1 Tbsp	0.1
	Parmesan cheese, 1oz	10.0
	Vanilla shake, 10oz	10.0
	Eggnog, 1 cup	12.0
	Ice cream, 1 cup	6.0

BEANS	Bean burrito, 2	14.0
	Black beans, ½ cup	7.6
	Chick peas/Hummus, ½ cup	5.9
	Green peas, ½ cup	6.1
	Kidney beans, ½ cup	7.0
	Lima beans, ½ cu	7.3
	Navy beans, ½ cup	7.0
	Pinto beans, ½ cup	7.0

VEGETABLES	Asparagus, ½ cup	2.3
	Broccoli, ½ cup	2.3
	Cabbage, ½ cup cooked	1.2
	Carrot, 1	0.6
	Cauliflower, 2oz	1.1
	Celery, 1 large stalk	0.3
	Corn, 1 cup	5.0
	Cucumber, 2oz	0.2
	Green beans, ½ cup	0.8
	Lettuce, ½ cup	0.3
	Potato, medium	2.0
	Spinach, ¼ cup	1.0
	Sweet potato, medium	2.0
	Tomato, 1	1.0
	Yams, ½ cup	1.0
	Yellow squash, ½ cup	0.8

GRAINS/CEREALS	Rice, 1 cup brown	6.0
	Rice, 1 cup white	2.4
	Noodles, 1 cup	6.0
	White bread, 1 slice	2.2
	Wheat bread, 1 slice	2.6
	Saltines, 4	1.0
	French fries, 20-25	3.0
	Tortillas, 1	1.2
	Bagel, 2oz	6.0
	Cornbread	3.3
	English muffin	5.1
	Croissant	5.0
	Bran muffin, 1 medium	3.1
	Cheerios, 1¼ cup	3.8
	Granola, ¼ cup	4.0
	Shredded wheat, ⅔ cup	3.0
	Wheat germ, 1tbsp	2.0
	Grits, ½ cup cooked	1.7
	Quinoa, ½ cup	5.0
	Semolina pasta, 1 cup	4.0
	Kamut/Spelt pasta, 1 cup	10.0
	Oatmeal, ¾ cup	4.6
	Pretzels, 1oz	3.1

FRUITS AND JUICES	Apple, 1 medium	0.3
	Banana, 1	1.2
	Cantaloupe, ¼	1.0
	Dried apricots, 1 cup	5.0
	Dried dates, 1 cup	4.0
	Grape juice, 4oz	0.3
	Grapes, 1 cup	0.6
	Orange juice, 4oz	1.0
	Orange, 1 medium	1.6
	Peach, 1 medium	0.6
	Pear, 1	0.7
	Prune juice, 8oz	1.6
	Raisins, ½ cup	2.5
	Strawberries, 1 cup	1.0
	Vegetable juice, 4oz	1.0

SOUPS	Beef Broth, 1 cup	5.0
	Cheese, 1 cup	5.4
	Chicken noodle, 1 cup	3.4
	Chili & beans, 1 cup	18.0
	Clam chowder, 1 cup	4.8
	Tomato, 1 cup	2.5
	Vegetable, 1 cup	3.0

NUTS	Peanut butter, 1 tbsp	4.0
	Peanuts, ¼ cup	9.0
	Pinenuts, ¼ cup	8.0
	Soy nuts, roasted, ⅓ cup	12.0
	Sunflower seeds, 1oz	6.5
	Walnuts, ¼ cup	6.0

OTHER	Cheese pizza, 1 slice	7.7
	Salad w/turkey, ham, chs, 1 cup	26.0
	Tofu, firm ¼ block	12.8
	Tofu, reg ¼ block	9.4

SUGAR	Colas	0.0
	White sugar	0.0
	Caramels	trace
	Honey	0.1

JUNK FOOD	Corn chips, 1oz	2.0
	Potato chips, 16 pcs	0.8
	Popcorn, 1 cup popped	0.8



LIVE WELL, EAT WELL™

PROTEIN TRACKER

To find out if you are getting enough protein in your diet, calculate your daily protein needs with this formula:

1. Take your weight in pounds and divide by 2.2. That equals your weight in kilograms.
2. Determine your activity range (0.8 = low activity level, 1.1 = moderate activity level, 1.4 = high activity level)
3. Take your weight in kilograms and multiply by your activity range. That equals the number of protein grams recommended per day

	BREAK-FAST	SNACK	LUNCH	SNACK	DINNER	SNACK	TOTAL (IN GRAMS)
WEEK 1	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						

WEEK 2	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						

WEEK 3	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						

WEEK 4	SUN						
	MON						
	TUES						
	WED						
	THURS						
	FRI						
	SAT						

The information provided is intended to be informative and educational and is not a replacement for professional medical evaluation, advice, diagnosis or treatment by a healthcare professional. Calculations do not apply if you are under stress, you are pregnant or you are recovering from an illness.



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