

Protein Guidelines

.65- .95 grams of protein per pound of bodyweight daily. (Shoot for the higher range when training 2 or more hours/day.) Spread intake throughout the day!

Protein values: (3 oz serving of meat will be approximately the size of a deck or cards)

Common high quality sources:

Chicken Breast- 23g. for 3 oz serving

Turkey Breast - 24g. for 3 oz.

Steaks- 23g. for 3 oz.

Ground Beef- 18g. for 3oz.

Pork Chops- 26g. for 3 oz.

Tuna (canned)- 22g. for 3oz.

Greek Yogurt- 23g. for 8oz. (Watch the sugar content if you choose sweetened!)

Cottage Cheese- 14g. for 4oz.

Eggs- 6g. for 1 egg (Highly useable protein source. Great for recovery.)

Milk, 2%- 8g. for 8oz.

Lentils- 18g. for 1c. cooked

Black Beans- 15g. for 1c. cooked

Peanut Butter- 8g. for 2T. serving

Whey Protein Powder- ~24g. per scoop (easily digested, great for recovery, easy source to boost intake)