

Protein Cheat Sheet

Meat

- Beef (6 oz.)—54 g; most cuts of beef are about 8 g of protein per ounce
- Beef/chicken bone broth (8 oz.)—6 g
- Turkey, breast (6 oz.)—51 g
- Pork chop (6 oz.)—49 g
- Pork loin or tenderloin (3 oz.)—22 g
- Ground pork (3 oz. cooked)—22 g
- Bacon, nitrate free (1 slice)—3 g
- Turkey, dark meat (6 oz.)—49 g
- Hamburger (6 oz.)—49 g
- Chicken, dark meat (6 oz.)—47 g
- Chicken breast (6 oz.)—38 g
- Chicken thigh (1 average size)—10 g
- Drumstick (1 average size)—11 g
- Wing (1 average size)—6 g
- Chicken meat (white and dark meat), cooked (3 oz.)—26 g
- Salmon (6 oz.)—42 g (Most cuts of fish are about 7 g of protein per ounce.)
- Tuna (6 oz.)—42 g
- Fish filets/steaks, cooked (3 oz.)—21 g

Dairy/Eggs

- Cottage cheese (1 cup)—28.1 g
- Yogurt (1 cup)—approximately 8–12 g (check label)
- Whole milk (1 cup)—8 g
- American cheese (1 oz.)—7 g
- Egg (1 large)—6.3 g
- Soft cheeses (mozzarella, Brie, Camembert)—6 g/oz.
- Medium cheeses (cheddar, Swiss)—7 or 8 g/oz.
- Hard cheeses (parmesan)—10 g/oz.

Beans, Legumes, and Nuts

- Almond butter (2 tablespoons)—7 g
- Almonds ($\frac{1}{4}$ cup)—8 g
- Cashews ($\frac{1}{4}$ cup)—5 g
- Pecans ($\frac{1}{4}$ cup)—2.5 g
- Sunflower seeds ($\frac{1}{4}$ cup)—6 g
- Pumpkin seeds ($\frac{1}{4}$ cup)—8 g
- Flax seeds ($\frac{1}{4}$ cup)—8 g
- Lentils ($\frac{1}{2}$ cup)—9 g
- Split peas ($\frac{1}{2}$ cup)—8.1 g
- Kidney beans ($\frac{1}{2}$ cup)—7.6 g
- Sesame seeds ($\frac{1}{4}$ cup)—15 g
- Black beans ($\frac{1}{2}$ cup)—7.5 g
- Garbanzo beans ($\frac{1}{2}$ cup)—7.3 g
- Green peas ($\frac{1}{2}$ cup)—4.1 g
- Pinto beans ($\frac{1}{2}$ cup)—7.5 g

Fruits and Vegetables

- Orange (large)—1.7 g
- Banana (medium)—1.2 g
- Green beans ($\frac{1}{2}$ cup)—1 g
- Carrots ($\frac{1}{2}$ cup)—8 g
- Kale (1 cup)—3 g
- 1 whole avocado—3 g
- Coconut manna (1 tablespoon)—1 g
- Coconut meat (1 cup)—3 g

Protein Powders

Please keep in mind these are my recommended brands as of 2026. Brands constantly change or sell out to other brands, so please always read labels and check ingredients. For the most up-to-date brands and coupon codes, please visit YesYouCanGetPregnant.com.

- Vital Proteins Collagen Peptides (8–9 g/scoop)
- Vital Proteins Beef Gelatin (8–9 g/scoop)
- Equip Collagen Peptides (14 g/scoop)
- Equip Bone Broth Protein Powder (21 g/scoop)
- Garden of Life RAW (22 g/scoop)
- Sun Warrior (17 g/scoop)
- PaleoValley Bone Broth Protein Powder (15 g/scoop)
- Ancient Nutrition Bone Broth Protein Powder (22 g/scoop)

