

The Egg Quality Diet

PROTEIN CHEAT SHEET

You should ideally consume 80+ grams of protein every day (even more ideal is consuming 1 gram of protein per 1 pound of bodyweight per day) for a healthy and fit body. So, if you weigh 130 pounds, you should be eating just about 130 grams of protein each day. But, if that feels like too much for you, then staying above 80 grams of protein each day is the minimum you should do. Below is a breakdown of the amount of protein foods contain so you can get a sense of what 80+ grams of protein/day looks like (for measurement ease, 3 ounces of protein is about the size of your palm). Use this cheat sheet to help you meet those protein goals!

MEAT

- Beef (6 oz.) – 54 grams (Most cuts of beef are ~7 grams of protein per ounce)
- Beef/chicken bone broth (8oz) 6 grams
- Turkey, breast (6 oz.) – 51 grams
- Pork Chop (6 oz.) 49 grams
- Pork loin or tenderloin, 3 oz – 22 grams
- Ground pork, 3 oz cooked – 22 grams
- Bacon, nitrate free, (1 slice) – 3 grams
- Turkey, dark meat (6 oz.) – 49 grams
- Hamburger (6 oz.) – 49 grams
- Chicken, dark meat (6 oz.) – 47 grams
- Chicken breast (6 oz.) – 38 grams
- Chicken thigh (1 average size) – 10 grams
- Drumstick (1 average size) – 11 grams
- Wing (1 average size)- 6 grams
- Chicken meat (white+dark meat), cooked (3 oz) – 26 grams
- Salmon (6 oz.) – 33.6 grams
- Tuna (6 oz.) – 40.1 grams
- Fish filets/steaks, cooked (3 ½ oz) - 22 grams, or 6 grams/ounce

DAIRY/EGGS

Note: (all dairy should be full fat, non gmo and organic from grass fed/pastured sources); PLEASE do not eat dairy if it is not well tolerated. Dairy is NOT allowed in Phases 1-3 of The Egg Quality Diet; it can be reintroduced in Phase 4 and if well tolerated it should be a part of your diet.

- Cottage cheese (1 cup) – 28.1 grams
- Yogurt (1 cup) – ~ 8-12 grams (check label)
- Whole milk (1 cup) – 8 grams
- American cheese (1 oz.) – 7 grams
- Egg (1 large) – 6.3 grams
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz

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MEAT SUBSTITUTES, BEANS AND LEGUMES, NUTS

PLEASE do not eat these foods if not well tolerated. Beans/Nuts are NOT allowed in Phases 1-3 of The Egg Quality Diet; they can be reintroduced in Phase 4 and if well tolerated it should be a part of your diet.

- Almond Butter (2 Tbsp.) – 7 grams
- Almonds (¼ cup) – 8 grams
- Cashews (¼ cup) – 5 grams
- Pecans (¼ cup) – 2.5 grams
- Sunflower seeds (¼ cup) – 6 grams
- Pumpkin seeds (¼ cup) – 8 grams
- Flax seeds (¼ cup) – 8 grams
- Lentils (1/2 cup) – 9 grams
- Split Peas (1/2 cup) – 8.1 grams
- Kidney Beans (1/2 cup) – 7.6 grams
- Sesame Seeds (¼ cup) – 15 grams
- Black Beans (1/2 cup) – 7.5 grams
- Garbanzo Beans (1/2 cup) – 7.3 grams
- Green Peas (1/2 cup) – 4.1 grams
- Most beans (black, pinto, lentils, etc) (1/2 cup) - 7-10 grams

FRUITS AND VEGETABLES

Most fruit and vegetables do not contain protein, so the only ones listed are the ones that contain a decent amount of protein.

- Orange (large) – 1.7 grams
- Banana (medium) – 1.2 grams
- Green Beans (1/2 cup) – 1 gram
- Carrots (1/2 cup) – .8 gram
- Kale (1 cup) - 3 grams
- 1 Whole avocado- 3 grams
- Coconut manna (1 tbsp)- 1 gram
- Coconut meat (1 cup) - 3 grams

PROTEIN POWDERS

There are so many good brands of protein powders out there. Below are some of my most favorite. The key is to get brands that are clean and free of fillers and made with organic ingredients. Click the links below to see where you can buy these products.

- [Vital Proteins Collagen Peptides](#) (8-9 grams/scoop)
- [Vital Proteins Beef Gelatin](#) (8-9 grams/scoop)
- [Garden of Life RAW](#) (22 grams/scoop)
- [Sun Warrior](#) (17 grams/scoop)
- [Paleo Valley Bone Broth Protein Powder](#) (15 grams/scoop)
- [Ancient Nutrition Bone Broth Protein Powder](#) (22 grams/scoop)
- [Equip Foods Grass-fed Collagen](#) (14 grams/scoop)

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