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POWER UP WITH PROTEIN

VEGAN	SERVING SIZE	AMOUNT
Vegan Protein Powder	1 scoop	15-20g
Black Beans	1/2 cup	15g
Pinto Beans	1/2 cup	15g
Edamame	1/2 cup	15g
Tofu	1/2 cup	10g
Lentils	1/2 cup	9g
Peas	1 cup	9g
Pumpkin Seeds	1 Tbsp	9g
Nuts	1/4 cup	5-9g
Nut Butter	2 Tbsp	8g
Quinoa	1/2 cup	8g
Soy Milk	1 cup	8g
Lima Beans	1/2 cup	6g
Oatmeal (Old Fashioned, dry)	1/2 cup	5g
Spinach (cooked)	1 cup	5g
Hemp Hearts	1.5 Tbsp	5g
Spouted Wheat Bread	1 slice	4g
Asparagus	1 cup	4g
Brussel Sprouts	1 cup	4g
Mushrooms	1 cup	4g
Spirulina	1 Tbsp	3.5g
Broccoli (cooked)	1 cup	3g

VEGETARIAN	SERVING SIZE	AMOUNT
Whey Protein Powder	1 scoop	20g
Cottage Cheese	1/2 cup	14g
Greek Yogurt	1/2 cup	12g
Parmesan Cheese	1 oz	11g
Goat's Milk	1 cup	9g
Milk (Dairy)	1 cup	8g
Egg	1 large	7g
Cheese	1 oz	7g
Yogurt	1/2 cup	6g

OMNIVORE	SERVING SIZE	AMOUNT
Beef	4 oz	23g
Pork	4 oz	23g
Chicken	4 oz	22g
Turkey	4 oz	22g
Salmon/Fish	4 oz	21g
Ham	4 oz	19g
Sausage	3 links	10g
Canadian Bacon	3 slices	10g
Turkey Bacon	2 slices	6.5g
Bacon	2 slices	5g