

30g Protein Cheat Sheet

- Greek Yogurt= 1.5 cups
- Eggs = 5 eggs
- Tempeh= 1 Cup
- Ground beef= 4 oz
- Shrimp= 10 Large
- Black Beans =2 cups
- Tofu= 1.5 cups
- Chicken= 1 large Breast
- Cottage Cheese= 1 cup

