



Convenient Protein foods to help hit the macros while keeping preparation time minimal.

Quick Notes:

- *Use a food scale for accuracy, especially with meats and jerky.*
- *Pair protein sources with appropriate carbs and fats to meet overall macro targets.*
- *If aiming for the higher end (40g protein), combining multiple sources (e.g., Greek yogurt + jerky) is also effective.*

Lean and CONVENIENT PROTEIN

How to achieve 20-40g of protein per serving:

Cooked Rotisserie Chicken (Shredded or Diced)

- 40g Protein: ~6 oz (170g)



Low-Fat Greek Yogurt (Plain or Flavored, ~15g protein per 6 oz)

- 20g Protein: ~8 oz (227g, a little more than 1 cup)



Cottage Cheese (Low-Fat or Fat-Free, ~14g Protein per 1/2 Cup)

- 40g Protein: ~1.5 cups (340g)



Pre-Cooked Grilled Chicken Strips (Frozen or Refrigerated)

- 40g Protein: ~6 oz (170g)

Turkey or Chicken Breast Deli Meat (Low-Sodium, ~9g Protein per 2 oz)

- 20g Protein: ~4.5 oz (128g, ~6-7 slices depending on thickness)



Canned Tuna or Salmon (In Water, ~20g Protein per 5 oz Can)

- 20g Protein: ~1 can (5 oz/140g drained)

Liquid Egg Whites

(Cooked or Added to Smoothies, ~5g Protein per 3 tbsp)

- 20g Protein: ~1.25 cups (10 fl oz or 300 mL)



Protein Shakes or Powders (Varies by Brand, ~20g Protein per

- 20g -25g Protein: 1 scoop (check package instructions)



Beef or Turkey Jerky (Varies by Brand, ~10g Protein per 1 oz)

- 20g Protein: ~2 oz (56g)