

Meat/Protein 3 oz svg -
unless otherwise detailed

Suggested minimums per day:
Women 46 gms/day,
Men 56 gms/day

	Calories	Fat (g)	Carbs (g)	Protein (g)	Protein/Calories	
Collagen (Custom brand powder)	40	0	0	10	0.25	svg is 1 scoop
Canned Tuna (w/water)	98.6	0.7	0	21.7	0.220081136	
Cod	89.3	0.7	0	19.4	0.217245241	
Shrimp	84.2	0.9	0	17.8	0.211401425	
Chicken Breast (no skin)	110	1.2	0	23.1	0.21	
Lobster	83.3	0.5	1.1	17.4	0.208883553	
Egg White - 3 Tbl	25	0	0	5	0.2	
Scallops	74.8	0.6	2	14.3	0.191176471	
Pot Roast	104.6	3.1	0	18.1	0.173040153	
Salmon	126.7	3.8	0	21.7	0.171270718	
Turkey Breast (no skin)	88	1.4	0	14.5	0.164772727	
Lamb Chops	112.3	4.2	0	17.4	0.154942119	
Veal	148.8	5.9	0	22.4	0.150537634	
Sirloin Steak	171.7	6.8	0	25.8	0.150262085	
Canned Tuna (w/oil)	168.3	7	0	24.8	0.147355912	
Cottage Cheese - non-fat - 1 C	104	0	10	15	0.144230769	
Whitefish	146.2	6.4	0	20.8	0.142270862	
Turkey Breast (w/skin)	134	5.9	0	18.6	0.13880597	
Pork Chops	169.2	7.7	0	23.4	0.138297872	
Chicken Breast (w/ skin)	172	9.3	0	20.9	0.121511628	
Ground Turkey	235	13.2	0	27.4	0.116595745	
Filet Mignon	156.8	9.5	0	17.8	0.113520408	
Tofu, Firm	182.7	11	5.4	19.9	0.10892173	
Morningstar Black Bean Burger (1 patty)	114.7	0.8	15.2	11.8	0.102877071	
Ham	155	9	2.6	14.9	0.096129032	
Egg - 1 large	71	5	0	6	0.084507042	
Lentils - 1 C	226	1	39	18	0.079646018	
Breaded Catfish	195	11.3	6.8	15.3	0.078461538	
Meatless Sausage Patty	97.3	6.9	3.7	7	0.071942446	
Tenderloin	227.1	17.9	0	15.3	0.067371202	
Black Beans (1/2 cup)	113.5	0.5	20.4	7.6	0.066960352	
Babyback Ribs	314.5	25.1	0	20.6	0.065500795	
Chia Seeds - 2 Tbl / 20 gms	66	6.5	7.5	4.14	0.062727273	5.4 of fat is polyunsat..., fiber 8.25 gms

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Red Kidney Beans (1/2 cup)	108.8	0.4	20	6.7	0.061580882
Pinto Beans (1/2 cup)	117.1	0.4	21.9	7	0.059777968
Hormel Vegetarian Chili w/Beans	83	0.3	15.4	4.8	0.057831325
Fish Sticks	272	12.2	23.8	15.7	0.057720588
Yogurt, yoplait - non-fat 6 oz	90	0	16	5	0.055555556
Ground Beef	263.7	22.6	0	14.1	0.053469852
Bacon (5 slices)	182.4	15.6	0.2	9.6	0.052631579
Chicken Tenders	253	16	15	12	0.04743083
Bratwurst - 1 link	256	22	1.8	12	0.046875
Pumpkin Seeds - 1 oz	151	13	5	7	0.046357616
Peanuts - 1 oz	160	14	5	7	0.04375
Italian Sausage - 1 link	346	31.3	0.7	14.3	0.04132948
Walnuts - 1 oz	173	17	3	7	0.040462428
Bologna - 1 slice	266	24.3	0.7	10.2	0.038345865
Hot Dog (1 small, no bun)	141.8	12.8	0.8	5.4	0.038081805
Almonds - 1 oz	161	14	6	6	0.037267081
Sunflower Seeds - 1 oz	164	14	6	6	0.036585366
Flax Seeds - 2 Tbl - ground fiber = 6 gms	110	8	6	4	0.036363636 if not ground it just goes through you
Pecans - 1 oz	193	20	4	3	0.015544041