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## What Does 30 gm of Protein Look Like?

Top or Bottom Beef Steak – 34 g per 4 oz.  
Ground Beef – 28 g per 4 oz.  
Chicken or Turkey breast – 35 g per 4 oz.  
Ground Chicken – 26 g per 4 oz.  
Ground Turkey – 22 g per 4 oz.  
Tuna (Bluefin) steak– 34 g per 4 oz.  
Halibut – 25 g per 4 oz.  
Salmon – 29 g per 4 oz.  
Tilapia – 26 per 4 oz.  
Shrimp – 24 oz. per 4 oz.  
Anchovies – 24 g per 3 oz.  
Sardines – 22 g per 3.75 oz. can  
Light Canned tuna – 22 g per 4 oz.  
Canned crab – 22 g per 6.5 oz. can

### Additional Sources of Protein

Protein Powders – read labels (read more in the Protein Primer)  
Pastured Eggs – 6 g per 1 large egg \*  
Hard Cheese (cheddar, Swiss, etc.) – 7 g per 1 oz.\*  
Greek Yogurt – 23 g per 8 oz. serving \*  
Cottage cheese – 14 g per ½ cup \*  
Goat's milk – 9 g per 1 cup serving  
Camel milk – 6 g per 1 cup

### Plant-Based Sources of Protein

White Kidney Beans (most beans) – 15 g per 1 cup  
Nut Butter – 8 g per 2 Tbsp.  
Mixed nuts – 6 g per 2 oz. serving  
Quinoa – 8 g per 1 cup serving  
Hemp hearts – 10 g per 3 T  
Plant Power Protein – 21 g per serving  
Coconut milk – 6 g per 1 cup

\* Dairy or eggs may be eliminated due to sensitivity. This list contains items that are not appropriate for all and not all are complete proteins. This is a simple start on your awareness of foods higher in protein.