

Shift.

Protein Cheat Sheet

Animal-Based Proteins

- Chicken breast
- Turkey
- Lean beef
- Eggs
- Egg Whites
- Greek yogurt
- Cottage cheese
- Fish (salmon, tuna, cod, tilapia)
- Shellfish (shrimp, scallops)
- Milk

Plant-Based Proteins

- Edamame
- Tofu
- Tempeh
- Quinoa
- Seitan

Protein Supplements

- Whey protein powder
- Casein protein powder
- Egg white protein powder
- Plant-based protein powders (pea, rice blends)

Tips

- Aim to include a quality protein source in every meal.
- Try to get at least 30g of quality protein per meal
- Choose lean cuts of meat and low-fat dairy for balanced nutrition.
- Rotate protein sources to keep meals interesting and nutrient-rich.