

Protein Sheet

	FOOD	PRO	Notes
BEEF (lean to extra lean cuts)	Top Sirloin 100g / 3.5oz grilled/broiled	27	<p>1. USDA classifies lean cuts as having 10g of fat per 3.5oz or 100g serving</p> <p>2. USDA classifies extra lean cuts as having 5g of fat per 3.5 oz or 100g serving</p> <p>3. Beef can be stir fried but use only non-stick spray such as coconut or EVOO</p> <p>4. Even though they are "lean or extra lean" we still trim as much fat off as possible</p> <p>5. These are all the steak cuts, not roasts</p> <p>6. Select cuts of meat that are "Choice" or "Select" not "Prime" (Prime has more fat)</p> <p>7. Select ground beef with the lowest percentage of fat</p>
	Eye of Round 100g/3.5oz grilled/broiled	28	
	Sirloin Tip 100g/3.5oz grilled/broiled	27	
	Top Round 100g/3.5oz grilled/broiled	22	
	Bottom Round 100g/3.5oz grilled/broiled	22	
	Bottom Round 100g/3.5oz grilled/broiled	34	
	Ground Beef (95/5) 100g/3.5oz	21	
	Ground Bison 100g/3.5oz	28	
CHICKEN	Breast (skinless) 100g/3.5oz grilled/baked	31	Keep in mind that white meat has less fat than dark meat so limit dark meat to a every-now-and-then basis
	Wings (skinless) 100g/3.5oz grilled/baked	30	
	Thighs (skinless) 100g/3.5oz grilled/baked	24	
	Drumstick (skinless) 100g/3.5oz grilled/baked	18	
	Ground Chicken Breast 100g/3.5oz grilled/baked	23	
SEAFOOD	Shrimp 100g/3.5oz steamed/boiled/grilled	24	<p>These are based on cooking at home with non-stick CO or EVOO spray</p> <p>If you go to a restaurant there can be no sauces, butter, etc added to them</p>
	Scallops 100g/3.5oz (steamed/grilled/sauteed)	23	
	Blue Crab 100g/3.5oz (boiled/steamed/lump)	20	
	Mussels 100g/3.5oz (boiled/steamed/lump)	24	
	Oysters 100g/3.5oz (raw)	24	
	Mahi Mahi 100g/3.5oz (grilled/baked/blackened)	18	
	Cod 100g/3.5oz (grilled/baked/blackened)	18	
	Flounder 100g/3.5oz (grilled/baked/blackened)	12	
	Halibut 100g/3.5oz (grilled/baked/blackened)	20	
	Orange Roughy 100g/3.5oz (grilled/baked/blackened)	17	
	Red Snapper 100g/3.5oz (grilled/baked/blackened)	28	
PORK	Chop (center loin) 100g/3.5oz grilled/baked	22	Pork cuts are similar to beef but keep the cuts limited to the two provided as ribeye and other cuts have too much fat to be considered lean
	Chop (sirloin) 100g/3.5oz grilled/baked	27	
EGGS	Whole, large 1 egg (50g)	6	You must include the fat grams when eating a whole large egg which is approx. 5g
	Egg white, large 1 egg white (33g)	3.6	Since weighing eggs is difficult with shell on just consider the large egg without the yolk at this number. Most egg cartons have a label you can use but the protein content between a whole egg and egg white is different as noted above.