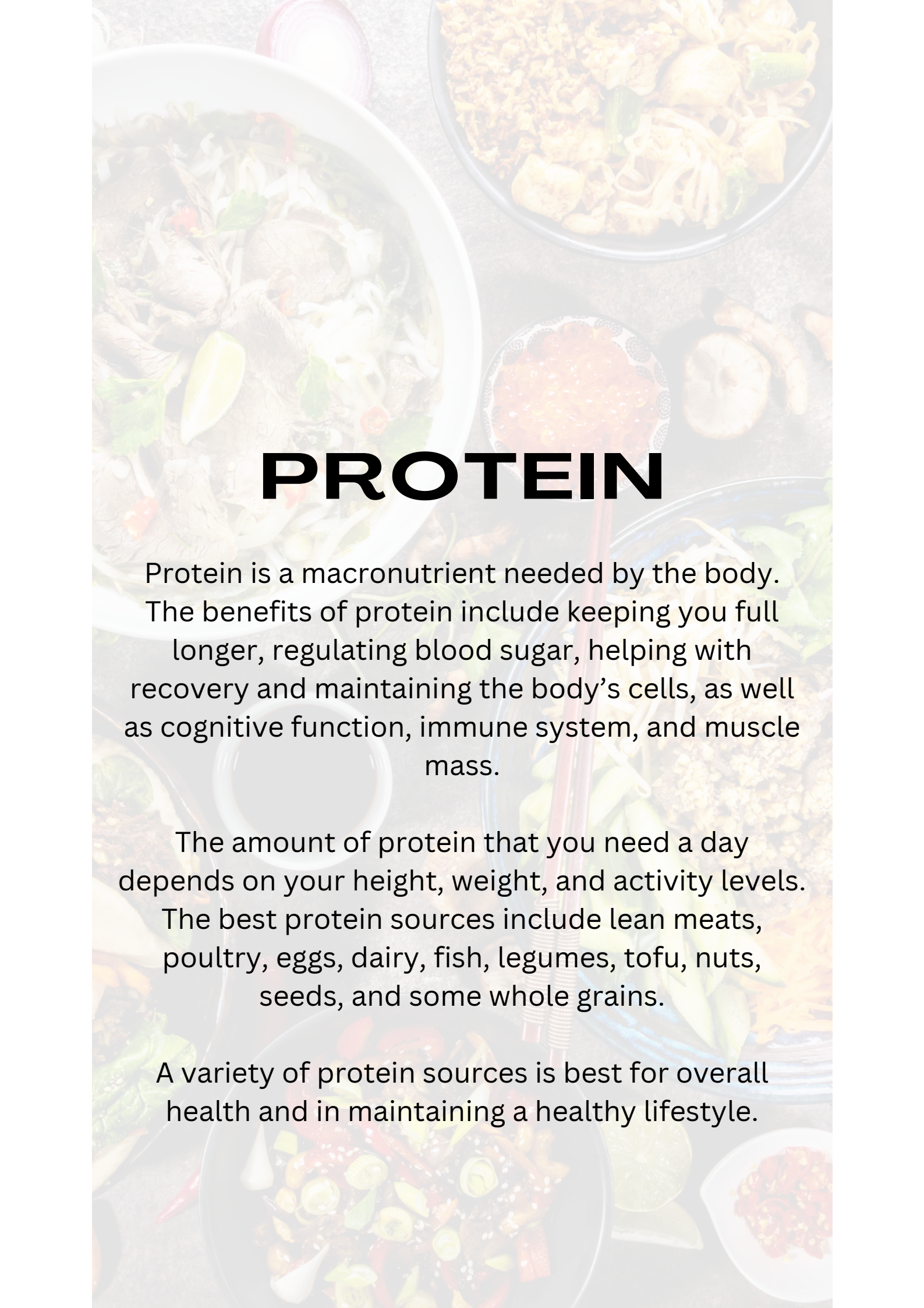


KICKSTART YOUR JOURNEY

WELCOME PACK





PROTEIN

Protein is a macronutrient needed by the body. The benefits of protein include keeping you full longer, regulating blood sugar, helping with recovery and maintaining the body's cells, as well as cognitive function, immune system, and muscle mass.

The amount of protein that you need a day depends on your height, weight, and activity levels. The best protein sources include lean meats, poultry, eggs, dairy, fish, legumes, tofu, nuts, seeds, and some whole grains.

A variety of protein sources is best for overall health and in maintaining a healthy lifestyle.

PROTEIN CONTENT

Meat, poultry, & eggs			
Food	Portion size	Protein amount (g)	Calories (kcal)
Chicken breast	75 g	25	119
Turkey, roasted	75 g	21	116
Beef, steak	75 g	20	230
Beef, lean ground	75 g	22	194
Hamburger	90 g patty	12	275
Beef jerky	20 g	7	81
Pork tenderloin	75 g	21	108
Pork, lean ground	75 g	19	175
Ham, cured	75 g	17	124
Lamb, shank	75 g	21	182
Egg	1 egg, large	6	78
Egg whites	From 1 egg, large	3	16
Seafood			
Food	Portion size	Protein amount (g)	Calories (kcal)
Salmon, baked	75 g	17	155
Salmon, pink canned	75 g	17	102
Rainbow trout	75 g	18	127
Tuna, light canned	75 g	19	87
Sardines, canned in oil and drained	106 g can	26	220
Shrimp	30 g, 6 medium	6	30
Lobster	77 g	16	75
Scallops	78 g, 6 medium	18	87
Imitation crab meat	67 g	8	68

PROTEIN CONTENT

Dairy			
Food	Portion size	Protein amount (g)	Calories (kcal)
Milk, skim	250 mL	9	88
Milk, 1%	250 mL	9	108
Milk, 2%	250 mL	9	129
Milk, whole	250 mL	8	155
Nonfat yogurt	175 mL	8	79
Greek yogurt, plain, 8-12%	175 mL	12	314
Kefir	175 mL	6	104
Sour cream, 5%	15 mL	1	21
Cottage cheese, 1%	125 mL	15	86
Cream cheese, regular	30 mL	2	103
Ricotta cheese	125 mL	15	181
Cheddar cheese	50 g	12	202
Feta	50 g	7	132
Parmesan, grated	15 mL	2	27

PROTEIN CONTENT

Plant-based foods			
Food	Portion size	Protein amount (g)	Calories (kcal)
Tofu, firm	150 g	21	189
Tofu, soft	150 g	7	83
Tempeh	150 g	27	296
Peanuts	60 mL	9	217
Walnuts	60 mL	4	166
Cashews	60 mL	5	199
Almonds	60 mL	8	208
Pistachios	60 mL	7	177
Hazelnuts	60 mL	5	215
Brazil nuts	60 mL	5	233
Pine nuts	60 mL	5	230
Sunflower seeds	60 mL	6	189
Flax seeds	30 mL	4	112
Chia seeds	30 mL	4	106
Hemp hearts	30 mL	7	118
Pumpkin seeds	60 mL	9	189
Peanut butter, natural	30 mL	7	184
Almond butter	30 mL	5	205
Tahini	30 mL	5	181
Black beans	175 mL	11	162
Red kidney beans	175 mL	10	161
Navy beans	175 mL	15	219
Soy beans	175 mL	21	220
Pinto beans	175 mL	9	153
Fava beans	175 mL	10	134
Refried beans	175 mL	10	175
Black eyed peas	175 mL	8	135
Lentils	175 mL	13	170
Lima beans	125 mL	6	100
Green peas	125 mL	4	66
Edamame	125 mL	9	100

PROTEIN CONTENT

Plant-based foods			
Food	Portion size	Protein amount (g)	Calories (kcal)
Chickpeas	175 mL	9	211
Hummus	60 mL	4	94
Falafel	1 ball or 17 g	2	57
Quinoa	125 mL	2	70
Oats	175 mL	4	99
Cream of wheat	175 mL	2	46
Rice, white	125 mL	2	109
Rice, brown	125 mL	3	115
Barley	125 mL	2	102
Couscous	125 mL	3	93
Popcorn, airpopped	500 mL	2	65
Dry cereal, Bran Flakes	250 mL	5	185
Egg noodles	250 mL	8	225
Pasta, white	250 mL	7	209
Pasta, whole wheat	250 mL	8	183
Bread, whole wheat	1 slice	3	86
Bagel, plain	1 bagel	7	195
Naan	½ slice	7	192
Pita, white	1 pita	5	165
Tortilla, wheat	20cm tortilla	4	159
Asparagus	6 spears	2	18
Avocado	½ avocado	2	161
Beets	125 mL	2	40
Broccoli	125 mL	3	27
Brussel sprouts	4 sprouts	3	33
Spinach	125 mL	3	22
Plant-based beverages (on average across different brands)			
Food	Portion size	Protein amount (g)	Calories (kcal)
Almond milk, unsweetened	250 mL	1	40
Oat milk, unsweetened	250 mL	1	70
Soy milk, unsweetened	250 mL	7	85



THERAPY

AND PERFORMANCE CLINIC

RECOVER STRONG, PERFORM STRONGER