

Get The Most Bang For Your Calorie Buck!

Source	Amount	Calories	Protein	Carbs	Net Carbs	Fat	Calories per Protein Gram
Deli Turkey	4 oz	100	24	0	0	0	4
Egg White (=3TB Liquid Whites)	1 white	17	4	0	0	0	4.25
Shrimp	3 oz	77	17	0	0	1	4.5
Canned Tuna (Albacore)	4 oz	120	26	0	0	0	4.6
MRM Whey	1 serving	87	18	2	2	1	4.85
Pork Tenderloin (Lean)	3 oz	116	24	0	0	5	4.85
Deli Ham	4 oz	100	20	0	0	4	5
Fish Filet (Salmon)	4 oz	100	19	0	0	3	5.25
Tera's Whey	1 serving	110	21	4	4	2	5.25
Chicken Breast	4 oz	150	27	0	0	5	5.5
Plain Greek Yogurt (Fat Free)	6 oz	100	18	7	7	0	5.5
Plant Fusion	1 serving	120	21	4	3	2	5.75
Top Sirloin Steak	3 oz	160	23	0	0	7	7
Ground Beef (93 % Lean)	4 oz	170	23	0	0	8	7.4
Cottage Cheese (Low Fat)	1/2 cup	90	12	5	4	3	7.5
Hemp Force	1 serving	143	16	12	1	3	9
Skim Milk	8 oz	80	9	13	13	0	9
Tofu	3 oz	90	10	1	1	5	9
Ground Turkey (91 % Lean)	4 oz	190	20	1	1	10	9.5
La Tortilla Factory Tortilla	1 tortilla	80	8	18	6	3	10
Kashi Go Lean	1 cup	140	13	30	20	1	10.75
Egg	1 egg	70	6	1	1	5	11.6
String Cheese (Part Skim)	1 piece	70	6	1	1	5	11.6
Julian Bakery Bread	1 slice	60	5	10	6	0	12
Kidney Beans	1/2 cup	90	7	19	11	1	12.85
Ground Bison (90% Lean)	3 oz	190	11	0	0	11	17.25
Nut Butter	2 TB	200	7	6	2	17	28.6
Quinoa	1/4 cup	172	6	31	28	3	28.6