

Some Protein Heavy-Hitters (About 15g+)

Filling and Affordable

Greek Yogurt – 15g+ per serving.

Pro Tip: That viral TikTok 3-ingredient bagel still slaps.

Cottage Cheese – 14g per ½ cup (4oz). This one's *just* under. And, if the texture gets you, I feel you. Blend it smooth, or make that other TikTok Flatbread.

Ground Turkey – 50g per cup (8oz)

Rotisserie Chicken – 30g per cup (8oz)

Canned Salmon – 35g per can

Canned Tuna – 30g per can (5–6oz)

Tofu (firm) – 20 grams per cup

Tempeh – 30 grams per 6 oz

Vegan meat alternative (like Beyond/Impossible) – 20 grams per patty (4 oz)

Red Lentil Pasta – 15g per serving

Quinoa – 8g per cooked cup. Add to salads.

Hummus / Chickpeas – 15g per serving

Fancier but Fantastic (I mean... if you got it)

Shrimp / Prawns – 30g per cup (8oz)

Smoked Salmon – 20g per 4oz

Top Sirloin – 25 grams per 3 oz

Filet Mignon – 22 grams per 3 oz

Wagyu Beef (Japanese-style patty) – 20 grams per 4 oz

Duck breast (skinless) – 24 grams per 3 oz – Richer than chicken, makes you feel like you know a sommelier.



Honorable Mentions



Nutritional Yeast – 5g per 2 TBSP. Tastes nutty and a little cheesy.

Edamame – 15g per cup. I could eat this daily.

Kidney Beans – 15g per cooked cup. Great in chili, salads, etc.

Beets (beetroot) – 3g per cooked cup. Not a protein powerhouse, but worth it.