

# GOOD SOURCES OF PROTEIN

Recommend \_\_\_\_\_ ounces of protein per day. Spread out over three or more meals per day.

## Poultry



Roast Chicken / Turkey



Grilled Chicken Sandwich



Chicken Rollup



Baked Chicken



Chicken Kabobs

## Meat



Pork Tenderloin



Fresh Ham



Lamb Chop



Beef Steak



Hamburger Patty



Roast Beef

## Fish & Seafood



Fresh Fish



Frozen Fish



Canned Fish



Cheese



Cottage Cheese



Milk



Greek Yogurt



Shrimp



Crab



Clams, Oysters  
& Scallops



Lobster



Eggs



Omelette

