



Protein

	Serving	Protein (g)	Carbs (g)	Fat (g)
Beef	4 oz	30	0	13
Bison	4 oz	29	0	10
Chicken Breast	4pz	35	0	4
Cottage Cheese 1%	1/2 cup	16	3	1
Crab	4 oz	21	0	1
Duck	4 oz	23	0	5
Egg	1	6	0	5
Egg Whites	3 tbs	5	0	0
Elk	4 oz	34	0	2
Cod	4 oz	26	0	1
Halibut	4 oz	31	0	3
Salmon	4 oz	23	0	12
Snapper	4 oz	30	0	2
Tilapia	4 oz	30	0	3
Tuna	4 oz	34	0	2
Greek Yogurt		14	10	0
Ham	4 oz	24	0	2
Lobster	4 oz	21	1	1
Oyster	4 oz	6	6	2
Steak	4 oz	27	0	5
Turkey	4 oz	22	0	8