



CHEAT SHEETS



PROTEIN CHEAT SHEET

Protein helps you feel full and satisfied, making it easier to manage your weight and build meals that keep you energized.

Aiming for 25 to 30 grams of protein at each meal is a helpful target—but it doesn't mean every meal has to hit that exact number.

Eating a variety of whole, real foods gives your body the protein and nutrients it needs for long-term health and sustainable weight loss. Protein supplements can be a convenient way to meet your daily protein goals when needed.

While protein is a key nutrient for fullness, fiber and fat play a role too.

Here's a list of foods that provide about 25 grams of protein in the amount that you would need to eat to achieve that—so you can see what that looks like in real life.



ANIMAL PROTEINS ~25 grams protein

FOOD	PROTEIN	CALORIES
5 oz canned tuna	22 grams	98 calories
4 oz 93% lean ground turkey	22 grams	170 calories
6 oz shrimp	23 grams	120 calories
1 cup low fat plain Greek yogurt	23 grams	160 calories
4 oz salmon	23 grams	234 calories
4 oz deli turkey	24 grams	127 calories
4 oz 93% lean ground beef	24 grams	172 calories
4 large eggs	24 grams	280 calories
5 oz cod filet	25 grams	116 calories
4 oz chicken breast	25 grams	132 calories
4 oz pork tenderloin	25 grams	160 calories
4 oz beef tenderloin	25 grams	280 calories
2.5 oz grated parmesan cheese	25 grams	305 calories
3.5 oz cheddar cheese	25 grams	416 calories
1 cup liquid egg whites	26 grams	126 calories
1 cup low fat cottage cheese	28 grams	163 calories

The recommended serving size for lean meat/fish is 3-4 ounces. Lean sources of animal proteins are the best for weight loss since you can get 25 grams of protein for very few calories. Salmon, eggs, beef and cheese have more fat, therefore are higher in calories.



PLANT-BASED PROTEINS ~25 grams protein

FOOD	PROTEIN	CALORIES
4.5 oz firm tofu	22 grams	181 calories
1 ½ cups canned black beans	22 grams	340 calories
1 ¼ cup canned chickpeas	22 grams	403 calories
4 oz tempeh	23 grams	222 calories
1 ¼ cup canned lentils	23 grams	287 calories
3 cups cooked quinoa (~1 cup dry)	24 grams	666 calories
1 ⅓ cup shelled edamame	25 grams	250 calories

As you can see, you would need to eat larger portions of plant-based proteins to get 25 grams of protein, which comes with more calories. Therefore, we do not recommend consuming these serving sizes of plant-based proteins, rather showing you how much you would need to eat to get to 25 grams of protein.

SUPPLEMENTAL PROTEIN ~25 grams protein

FOOD	PROTEIN	CALORIES
12oz Owyn Non-Dairy Protein Shake	20 grams	180 calories
30 gram scoop pea protein powder	23 grams	120 calories
30 gram scoop collagen powder	24 grams	100 calories
30 gram scoop whey protein powder	24 grams	120 calories
14oz Fairlife Core Power Nutrition Shake (dairy-based)	26 grams	170 calories



EASY, NO COOK PROTEINS

KEEP YOUR KITCHEN STOCKED WITH PROTEIN FOODS THAT ARE ALREADY COOKED AND READY TO EAT FOR DAYS WHEN TIME, ENERGY OR MOTIVATION TO COOK IS LIMITED.

READY TO EAT

DELI TURKEY



SMOKED SALMON



ROTISSERIE CHICKEN



CANNED TUNA,
SALMON OR CHICKEN

*also available in packets



SHELLED EDAMAME



GREEK/ICELANDIC
YOGURT



COTTAGE CHEESE



STORE BOUGHT
HARDBOILED EGGS



HEAT AND EAT

CHICKEN SAUSAGE



KEVIN'S MEALS



FROZEN CHICKEN
STRIPS



FROZEN SHRIMP



FROZEN MEATBALLS



CHICKEN, TURKEY OR
VEGGIE BURGERS



MARINATED TOFU



AMY'S LOW SODIUM
CHILI



FIBER CHEAT SHEET

Fiber is a type of carbohydrate found in plant-based foods like fruits, vegetables, whole grains, beans, legumes, nuts, and seeds.

Fiber is unique because unlike other nutrients, it isn't digested or absorbed for energy, so it doesn't add calories.

But it does help you feel full and satisfied, which can support weight loss and make healthy eating easier to stick with.

Emerging research also shows that getting enough fiber helps nourish your gut bacteria, which may play a role in maintaining a healthy weight over time.

A good goal is **25–38 grams of fiber per day**, or roughly **8–10 grams per meal**.

That said, you don't need to hit the numbers perfectly every day or at every meal—think of it as a helpful guide, not a strict rule.



HIGH FIBER FRUITS

FOOD	FIBER	SUGAR	CALORIES
1 cup raspberries	8 grams	5 grams	64 calories
1 cup blackberries	7.6 grams	7 grams	62 calories
½ medium avocado	6.7 grams	<1 gram	160 calories
1 medium pear	5.5 grams	17 grams	103 calories
1 cup kiwi	5.4 grams	16 grams	110 calories
1 medium grapefruit	5 grams	9 grams	130 calories
1 medium apple (with skin)	4.8 grams	19 grams	108 calories
1 medium orange	3.7 grams	12 grams	73 calories
1 cup blueberries	3.6 grams	15 grams	84 calories
1 medium banana	3.2 grams	14 grams	112 calories
1 cup cherries	3 grams	18 grams	87 calories
¼ cup dates	3 grams	23 grams	104 calories
1 cup strawberries	3 grams	7 grams	49 calories
1 medium peach	2.3 grams	13 grams	59 calories

The Dietary Guidelines recommend **2 servings of fruit per day**. A serving is 1 cup of fruit or 1 medium fruit, which is about the size of an adult fist. A serving of dried fruit is ½ cup.

Fruit has more sugar than non-starchy vegetables, but also contains fiber, vitamins, minerals, and antioxidants which are key for achieving optimal long-term health.



HIGH FIBER VEGETABLES

NON STARCHY VEGETABLES per 1 cup raw serving

FOOD	FIBER	TOTAL CARBS	CALORIES
Artichoke hearts	7 grams	13 grams	60 calories
Beets	3.8 grams	9.2 grams	58 calories
Brussels sprouts	3.3 grams	7.9 grams	38 calories
Asparagus	2.8 grams	5.2 grams	27 calories
Green beans	2.7 grams	7.1 grams	31 calories
Baby carrots	2.5 grams	7 grams	45 calories
Bell pepper	2.5 grams	7.6 grams	31 calories
Broccoli	2.4 grams	6 grams	31 calories
Cauliflower	2.5 grams	5 grams	25 calories
Cabbage	2.1 grams	5.2 grams	22 calories
Cherry tomatoes	1.8 grams	6.6 grams	27 calories
Snap peas	1.6 grams	4.8 grams	27 calories
Spinach (2 cups)	1.4 grams	2.2 grams	14 calories
Zucchini	1.2 grams	3.7 grams	19 calories
Salad greens (2 cups)	1.2 grams	2.2 grams	10 calories

Non-starchy vegetables are low in calories but packed with nutrients, so **aim to fill ½ your plate with them at most lunch and dinner meals throughout the week.**

Note: The serving size of raw leafy greens like spinach, lettuce, and kale is 2 cups (serving of cooked greens is 1 cup). Eating a variety of colorful vegetables - raw or cooked - helps improve the health of the gut, which can aid in weight loss!



HIGH FIBER VEGETABLES

STARCHY VEGETABLES per 1 cup raw serving

FOOD	FIBER	TOTAL CARBS	CALORIES
Green peas	7.4 grams	21 grams	117 calories
Sweet potato (with skin), 1 medium	4 grams	26 grams	112 calories
Corn	2.9 grams	27.1 grams	125 calories
Butternut squash	2.8 grams	16.4 grams	63 calories
Plantains	2.5 grams	47.2 grams	181 calories
Acorn squash	2.1 grams	14.6 grams	56 calories
White potato (with skin), 1 medium	2 grams	26 grams	110 calories

The Dietary Guidelines recommend 2-3 servings of vegetables per day (including both non-starchy & starchy vegetables). 1 cup or 1 medium vegetable counts as a serving.

Compared to non-starchy vegetables, starchy vegetables contain more carbohydrates in them that are not fiber, which is why they are also higher in calories. **Keep portions of starchy vegetables to ¼ of the plate.**



WHOLE GRAINS

FOOD	FIBER	PROTEIN	CALORIES
1 cup Bran flakes (ready to eat cereal)	10 grams	4.8 grams	181 calories
1 cup Shredded Wheat (ready to eat cereal)	6.2 grams	5.9 grams	176 calories
1 cup cooked Oats	4 grams	5 grams	159 calories
½ cup cooked Bulgur	4 grams	3 grams	76 calories
3 cups Popcorn (plain, air- popped)	3.5 grams	3 grams	93 calories
½ cup cooked Farro	3.2 grams	3.3 grams	85 calories
½ cup cooked Barley	3 grams	1.8 grams	97 calories
6 inch Whole Wheat Tortilla	3 grams	4 grams	120 calories
2- 5 inch Corn Tortillas	2.8 grams	3 grams	118 calories
½ cup cooked Quinoa	2.6 grams	4 grams	111 calories
½ cup cooked Buckwheat	2.5 grams	2.8 grams	78 calories
½ cup cooked Brown Rice	2 grams	3 grams	108 calories
1oz slice Whole Wheat Bread	1.7 grams	3 grams	71 calories
½ cup cooked Wild Rice	1.5 grams	3.3 grams	83 calories
½ cup cooked Millet	1.2 grams	3.1 grams	104 calories

The Dietary Guidelines recommend making half the grains you eat in a day whole grains. The more whole grains you eat, the more fiber you get which helps keep you fuller longer. Grains that provide 3g fiber or more per serving are considered a good source of fiber.

Start with portions of whole grains that fill ¼ of your plate, and add more if desired.



LEGUMES

Beans, peas & lentils

FOOD	FIBER	PROTEIN	CALORIES
½ cup cooked adzuki beans	8.4 grams	8.7 grams	147 calories
½ cup cooked lentils	7.8 grams	9 grams	115 calories
½ cup cooked black beans	7.5 grams	7.6 grams	114 calories
½ cup chickpeas	6.3 grams	7.3 grams	135 calories
½ cup shelled edamame	5.2 grams	6.6 grams	94 calories
½ cup green peas	4.1 grams	3.6 grams	62 calories

Legumes contain both starchy carbohydrates and fiber, making them similar to starchy vegetables. They also provide a good amount of plant-based protein. **Start with portions of legumes that fill ¼ of your plate.** Add more legumes if they are served as both your starchy vegetable and protein source for the meal.

NUTS & SEEDS

FOOD	FIBER	PROTEIN	CALORIES
1 tbsp chia seeds	4.1 grams	2.0 grams	58 calories
1 oz shelled, whole almonds	3.6 grams	6.6 grams	164 calories
1 oz shelled pumpkin seeds	3 grams	8 grams	166 calories
1 oz shelled, whole pistachios	3 grams	5.7 grams	159 calories
1 oz shelled sunflower seeds	3 grams	5.5 grams	165 calories
1 tbsp ground flaxseeds	2 grams	1.3 grams	37 calories
1 tbsp hemp seeds	1 gram	3.2 grams	50 calories

Nuts and seeds are “big bang for your buck” foods! They are a good source of fiber, protein and healthy fats! Since these foods are higher in fat, they are also higher in calories, so **keep portions of nuts to 1oz (~ ¼ cup) and start with 1 tbsp of seeds.**



3-INGREDIENT HIGH PROTEIN HIGH FIBER MEALS

DON'T OVERCOMPLICATE YOUR MEALS! Keep it simple, keep it balanced. Protein + produce first, then a touch of healthy fat or a serving of a high-fiber carb. A few whole-food ingredients are all you need for quick, satisfying meals that fuel your body and support your weight loss goals.

PROTEIN

4+ oz



1 CUP GREEK YOGURT



2 EGGS + ½ CUP EGG WHITES



5oz DELI TURKEY



5oz CANNED TUNA



4oz ROTISSERIE CHICKEN



4oz GROUND BEEF
+ taco seasoning

PRODUCE

1-2 cups



1 CUP MIXED BERRIES



2 CUPS SPINACH



2 CUCUMBERS *cut into sticks*



2 MEDIUM BELL PEPPERS



1/2 prepared CAESAR SALAD KIT



1 CUP FROZEN MIXED VEGGIES

HIGH FIBER CARB OR HEALTHY FAT

~100-150 calories



1 TBSP HEMP SEEDS



1/2 CUP BLACK BEANS



1/2 AVOCADO *sliced*



1 TBSP AVOCADO MAYONNAISE



8" WHOLE WHEAT WRAP



1 QUINOA CUP



**BERRY BLISS
YOGURT BOWL**
300 calories
28g protein, 7g
fiber



**SUNNY SOUTHWEST
SCRAMBLE**
330 calories
35g protein, 10g
fiber
TOP W/ SALSA FOR FLAVOR



**LEAN & GREEN
TURKEY ROLLS**
330 calories
33g protein, 7g
fiber



**TUNA PEPPER
CUPS**
310 calories
35g protein, 9g
fiber



**CHICKEN CAESAR
SALAD WRAP**
440 calories
33g protein, 6g
fiber



**BEEF & VEGGIE
QUINOA FIESTA**
470 calories
34g protein, 8g
fiber