

# 11 HEALTHY LEAN PROTEIN FOODS



**CHICKEN BREAST  
(BONELESS, SKINLESS)**  
30g protein  
3.5 ounces, cooked



**WHITE FISH**  
19g protein  
3.5 ounces, cooked



**PORK LOIN**  
25g protein  
3.5 ounces, cooked



**TUNA**  
19g protein  
3.5 ounces, cooked



**SHRIMP**  
16g protein  
3.5 ounces, cooked



**LEAN BEEF**  
25g protein  
3.5 ounces, cooked



**TOFU**  
9g protein  
1/2 cup, cubed



**BEANS**  
5g protein  
1/2 cup, cooked



**PLAIN GREEK YOGURT**  
15g protein  
6-ounce container



**FARRO**  
10g protein  
1/2 cup, cooked



**COTTAGE CHEESE**  
11g protein  
1/2 cup

## How much protein do you need?

Lean protein sources should make up 10 to 35 percent of the total calories consumed but aim for the higher end of that range if you're trying to lose weight.



**BEACHBODY**

# Lean Nutrition Guide

**Wenbin Ji**



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