

THE
HEALTH
FORMULA

Paleo Protein Cheatsheet

Protein Content of Selected Foods

Food	Measure	Protein (grams)
Duck	1/2 duck	52
Sockeye salmon	1/2 fillet	43
Halibut	1/2 fillet	36
Rockfish	1 fillet	33
Tuna salad	1 cup	33
Beef, bottom round	3 oz.	30
Chicken, light meat	3 oz.	28
Lamb loin	3 oz.	26
Beef sirloin	3 oz.	25
Ham	3 oz.	25
Swordfish	3 oz.	25
Yellowfin tuna	3 oz.	25
Pork spareribs	3 oz.	25
Chicken, dark meat	3 oz.	24
Turkey, light meat	3 oz.	23
Cottage cheese	1/2 cup	14

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Protein Content of Selected Foods		
Food	Measure	Protein (grams)
Yogurt, whole milk	1 cup	8
Milk, whole	1 cup	8
Swiss cheese	1 oz.	8
Egg, whole	1 extra large	7

If possible, eat grass-fed/pastured animal products and wild-caught fish. They have a better fatty acid profile and have more minerals, vitamins and micronutrients.