
High
Protein
Foods
Cheat Sheet

Welcome!

I'M SO GLAD YOU'RE HERE!



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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide Is also not for those who are under 18 years, or who have specific medical conditions. Read more here: collegenutritionist.com/terms-conditions

Dr. RACHEL PAUL
PHD, RD.

High Protein Foods *Cheat Sheet*

- MEAT -



6oz 93% ground beef
35gm protein
260 calories



3 slices bacon
9gm protein
132 calories



2oz beef jerky
18gm protein
160 calories



5oz pork chop
21gm protein
190 calories



4oz ribeye steak
22gm protein
280 calories

- POULTRY -



4oz chicken breast
30gm protein
120 calories



1 turkey burger
23gm protein
140 calories



4oz chicken thigh
27gm protein
200 calories



6oz deli turkey
36gm protein
180 calories



4oz ground turkey
19gm protein
160 calories

- SEAFOOD -



4oz smoked salmon
26gm protein
140 calories



5oz canned tuna
42gm protein
190 calories



6oz frozen shrimp
38gm protein
90 calories



6oz canned salmon
34gm protein
200 calories



4oz canned sardines
26gm protein
140 calories

- DAIRY -



1/3c. shredded cheese
9gm protein
150 calories



1/2c. 2% cottage chs
13gm protein
100 calories



2 eggs
13gm protein
140 calories



1/2c. 2% Greek yogurt
12gm protein
85 calories



1 string cheese
6gm protein
80 calories

- VEGAN -



1c. peas
8gm protein
117 calories



1/2c. lentils
9gm protein
115 calories



1/2c. chickpeas
8gm protein
135 calories



6oz extra firm tofu
16gm protein
190 calories



1/2c. shelled edamame
9gm protein
100 calories

Simple High Protein Recipes for Weight Loss

-- BREAKFAST --



1/2c. 2% Greek yogurt

+



1oz nuts

+



1/2c. frozen berries

YOGURT BOWL
19gm protein



3 eggs

+



1/2c. canned diced tomatoes

+



1 cup spinach

SHAKSHUKA
20gm protein

-- LUNCH --



1/2c. canned beans

+



1/2c. shelled edamame

+



1/2 diced avocado

BEAN SALAD
17gm protein



1 can salmon

+



1 avocado

+



1 cucumber

SALAD SALMON
39gm protein

-- DINNER --



6oz ground beef

+



1/2c. diced tomatoes

+



1/2 cup beans

CHILI
42gm protein



3 eggs

+



2 cups frozen veggies

+



1/2 cup cooked wild rice

EGG FRIED RICE
23gm protein

Simple High Protein Recipes for Weight Loss

-- BREAKFAST --



4oz smoked salmon

+



2 slices of bread

+



4 Tbsp cream cheese

SALMON CREAM CHEESE TOASTS
31gm protein



1 peach

+



3/4 cup cottage cheese

+



1/8 cup nuts

COTTAGE CHEESE BOWL
25gm protein

-- LUNCH --



1 cup cooked lentil pasta

+



1/3 cup Alfredo sauce

+



6oz ground turkey

ALFREDO PASTA
60gm protein



6oz canned chicken

+



1 Tbsp mayonnaise

+



1 cup carrots “chips”

CHICKEN SALAD AND CARROT CHIPS
40gm protein

-- DINNER --



5oz shrimp

+



1oz shaved parmesan cheese

+



4 cups spinach

CHEESY SHRIMP WITH SPINACH
39gm protein



3 uncured bacon

+



2 cups broccoli

+



6oz chicken breast

BROCCOLI, CHICKEN & BACON SHEETPAN
52gm protein

High Protein Snack Ideas


2oz jerky

+


1 pear

280 calories
19gm protein


2oz smoked salmon

+


1/2 avocado

230 calories
15gm protein


2 hard boiled eggs

+


1 string cheese

220 calories
19gm protein


1oz cheese crisps

+


1 apple

245 calories
14gm protein


6oz deli turkey

+


1/2 avocado

340 calories
38gm protein


1c. 2% cottage cheese

+


1/2 cup pineapple

230 calories
27gm protein


1/2 cup in-shell edamame

+


1/4 cup nuts

330 calories
17gm protein


1 can tuna

+


1oz whole grain crackers

330 calories
44gm protein


1 cup 2% Greek yogurt

+


1/2 cup berries

212 calories
23gm protein


1oz cheese crisps

+


1/4 cup nuts

350 calories
19gm protein


2oz smoked salmon

+


1oz whole grain crackers

210 calories
15gm protein


6oz deli turkey

+


1oz pretzels

290 calories
39gm protein



Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?
Do you want to feel totally in control around food, and stop emotional eating?
Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?
Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD,RD.

The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

by DR. RACHEL PAUL PHD,RD.

My proven program to help you become your best self



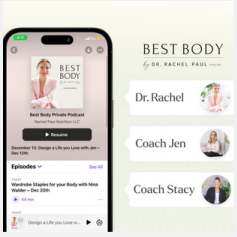
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY