

HIGH PROTEIN LOW CARB FOODS



SALMON

25.2G PROTEIN
0 CARB / 4 OZ



CHICKEN

24.2G PROTEIN
0 CARB / 4 OZ



SHRIMP

22.8G PROTEIN
0 CARB / 4 OZ



TURKEY

22.2G PROTEIN
0 CARB / 4 OZ



BEEF

16.7G PROTEIN
.2 CARBS / 4 OZ



COTTAGE CHEESE

14.9G PROTEIN
9.6 CARBS / CUP



SCALLOPS

13.7G PROTEIN
3.6 CARBS / 4 OZ



LOW CARB GREEK YOGURT

12G PROTEIN
19 CARBS / CUP



PEANUTS

7.3G PROTEIN
4.5 CARBS / OZ



PEANUT BUTTER

7G PROTEIN
6 CARBS / 2 TBSP



SLICED CHEESE

6.8G PROTEIN
.6 CARBS / OZ



EGGS

6.3G PROTEIN
.4 CARBS / 1 LARGE



ALMONDS

6G PROTEIN
6.1 CARBS / OZ



SUNFLOWER SEEDS

5.4G PROTEIN
4.8 CARBS / OZ



WALNUTS

4.3G PROTEIN
3.9 CARBS / OZ



CREAM CHEESE

.9G PROTEIN
8 CARBS / TBSP

NUTRITIONAL DATA: NDB.NAL.USDA.GOV

FOR MORE INFO VISIT: WWW.THELITTLEPINE.COM

Lowcarb The Little Guides Series

Jan McCracken



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