



## SYSTEM #4: FUEL SYSTEM

### Protein tracker

Aim for 75 to 100 grams of protein/day  
 Try to get a 30 g “dose” at least once a day

Date	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Total	# 30g
2/10	10g	-	30g	5g	30g	--	75g	√ √
2/11	15g	-	25g	-	35g	5g	80g	√

Food	Serving	Protein (g)	Food	Serving	Protein (g)
Chicken breast	3 ounces	25	Peanut butter	2 Tbsp	8
Pork tenderloin	3 ounces	22	Black beans	1/2 cup	8
Hamburger, lean (broiled)	3 ounces	22	Chickpeas	1/2 cup	8
Ground turkey (broiled)	3 ounces	22	Spaghetti, cooked	1 cup	8
Salmon	3 ounces	19	Edamame (soybeans)	1 cup	8
Shrimp	3 ounces	19	Oat bran, uncooked	1/3 cup	7
Tuna	Small can	17	Egg	1 large	6
Cottage cheese, lowfat	1/2 cup	14	Hummus	1/2 cup	6
Plain yogurt	1 cup	12	Egg white	1 large	4
Greek yogurt	1/2 cup	11	Quinoa, cooked	1/2 cup	4
Tofu, firm	1/2 cup	10	Brown rice, cooked	1/2 cup	3
Lentils, cooked	1/2 cup	9	Whole wheat bread	1 slice	3