

Clean Eating Living Well

Transform Your body to Optimal Health

Very Lean Protein

1 ounce	Turkey breast or chicken breast, skin removed
1 ounce	Fish fillet (flounder, sole, scrod, cod, etc.)
1 ounce	Canned tuna in water
1 ounce	Shellfish (clams, lobster, scallop, shrimp)
3/4 cup	Cottage cheese, non fat or low fat
2 each	Egg whites
1/4 cup	Egg substitute
1 ounce	Fat-free cheese
1/2 cup	Beans- cooked (black beans, kidney, chick peas or lentils):

Lean Protein

1 ounce	Chicken- dark meat, skin removed
1 ounce	Turkey- dark meat, skin removed
1 ounce	Salmon, Swordfish, herring
1 ounce	Lean beef (flank steak, London broil, tenderloin, roast beef)*
1 ounce	Veal, roast or lean chop*
1 ounce	Lamb, roast or lean chop*
1 ounce	Pork, tenderloin or fresh ham*
1 ounce	Low fat cheese (3 grams or less of fat per ounce)
1 ounce	Low fat luncheon meats (with 3 grams or less of fat per ounce)
1/4 cup	4.5% cottage cheese
2 medium	Sardines

* Limit to 1-2 times per week

Medium Fat Proteins

1 ounce	Beef (any prime cut), corned beef, ground beef **
1 ounce	Pork chop
1 each	Whole egg (medium) **
1 ounce	Mozzarella cheese
1/4 cup	Ricotta cheese
4 ounces	Tofu (note this is a Heart Healthy choice)

** choose these very infrequently

Additional High Protein sources include but are not limited to:

eggs, soybean, whole grains, brown rice, barley, quinoa, oatmeal and wheat, nuts and seeds (pumpkin, almond, hemp, sunflower and sesame, beans, peas and lentils, almond butter.

Vegetables include broccoli, kale, spinach, squash and pumpkin. Green plants such as algae and wheat grass