



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 |



Protein Content of Selected Foods

| Food | Measure | Protein (grams) |
|--------------------|---------------|-----------------|
| Cottage cheese | 1/2 cup | 14 |
| 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.