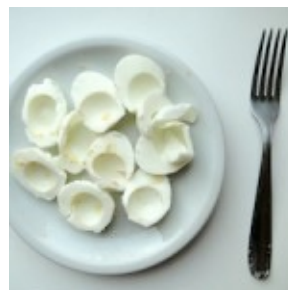




# What Does 20g of Protein Look Like?



**Eggs (3 whole eggs)**  
**159 Grams**  
 225 kcal  
 20 g Protein  
 1.1 g Carbs  
 15.7 g Fat

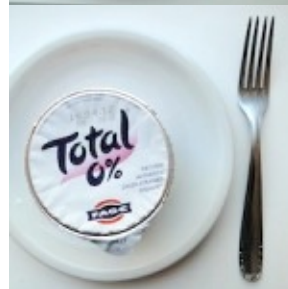


**Egg Whites (5 egg whites)**  
**182 Grams**  
 94 kcal  
 20 g Protein  
 1.3 g Carbs  
 0.3 g Fat  
 1.3 g Sugar

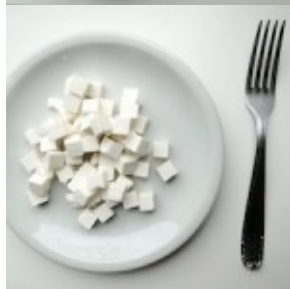


**Fat-Free Yogurt**  
**400 Grams**  
 144 kcal  
 20g Protein  
 16 g Carbs  
 0 g Fat

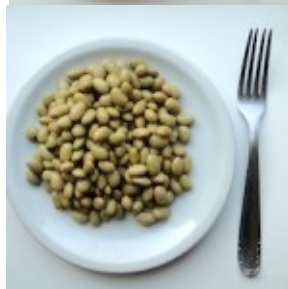
Although Fat-Free Yogurt contains protein, it is not a good food to rely on for your protein intake. If you are looking to lose weight, you are also getting 16 g of milk sugar (lactose) along with the 20g of protein



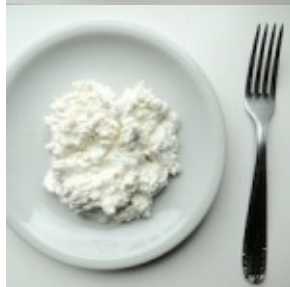
**Fat-Free Greek Yogurt**  
**194 Grams**  
 111 kcal  
 20 g Protein  
 7.8 g Carbs  
 0.0 g Fat  
 7.8 g Sugar



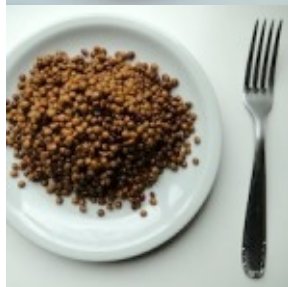
**Feta Cheese 10% fat**  
**121 Grams**  
 194 kcal  
 20 g Protein  
 0.1 g Carbs  
 12.5 g Fat  
 0.0 g Sugar  
 \* Be Careful - High in Sodium



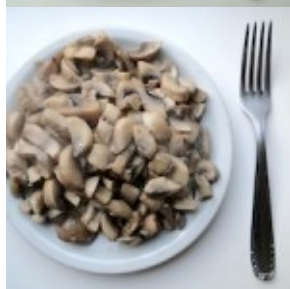
**Edamame (soy beans)**  
**185 grams**  
 204 kcal  
 20 g Protein  
 4.4 g Carbs  
 11.9 g Fat  
 1.9 g Sugar



**Cottage Cheese**  
**179 Grams**  
 159 kcal  
 20 g Protein  
 4.1 Carbs  
 7 g Fat  
 4.1 g Sugar

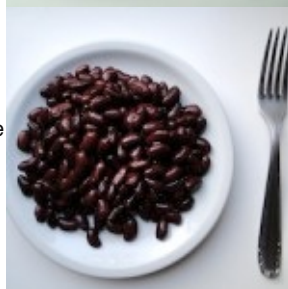


**Lentils**  
**235 grams**  
 225 kcal  
 20 g Protein  
 33.2 g Carbs  
 1.6 g Fat  
 0.0 g Sugar



**Uncooked Mushrooms**  
**667 grams**  
 180 kcal  
 20 g protein  
 20 g carbs  
 2 g fat  
 10 g sugar

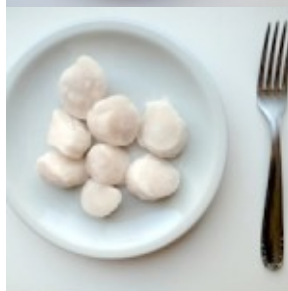
\*Cooked mushrooms are used in the picture because the 667 g of raw mushrooms take too much volume for the plate



**Red Kidney Beans**  
**250 grams**  
 240 kcal  
 20 g Protein  
 37.5 g Carbs  
 1.3 g Fat  
 1.3 g Sugar



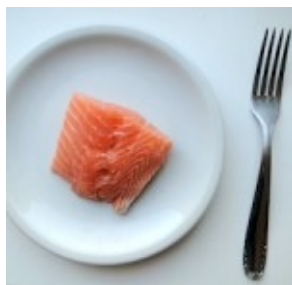
**Shrimp**  
**75 grams**  
 99 kcal  
 20 g Protein  
 0.9 g Carbs  
 1.7 g Fat  
 0.0 g Sugar



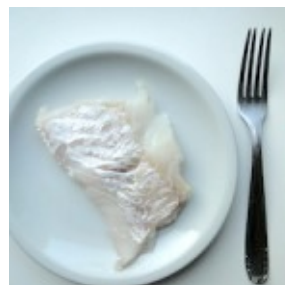
**Scallops**  
**118 grams**  
 91 kcal  
 20 g Protein  
 0.7 g Carbs  
 0.8 g Fat  
 0.4 g Sugar



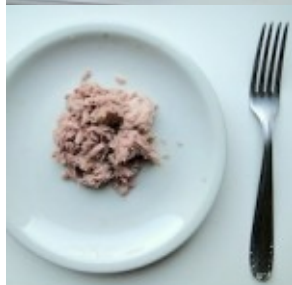
# What Does 20g of Protein Look Like?



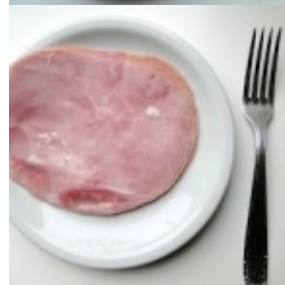
**Salmon**  
**105 grams**  
245 kcal  
20 g Protein  
1.1 g Carbs  
17.9 g Fat  
1.1 g Sugar



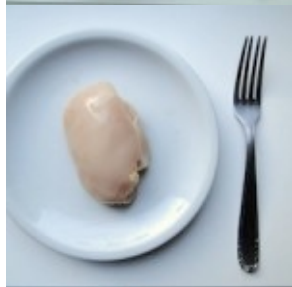
**Codfish**  
**143 grams**  
101 kcal  
20 g Protein  
0.4 g Carbs  
2.1 g Fat  
0.0 g Sugar



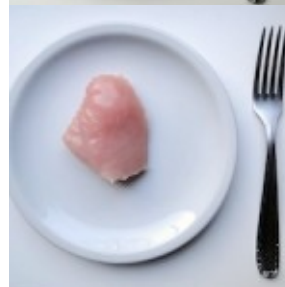
**Tuna (canned, packed in water)**  
**80 grams**  
84 kcal  
20 g Protein  
0.0 g Carbs  
0.4 g Fat  
0.0 g Sugar



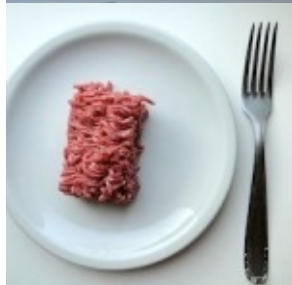
**Ham**  
**125 grams**  
125 kcal  
20 g Protein  
2.5 g Carbs  
3.8 g Fat  
2.5 g Sugar  
*\*Be Careful - High in Sodium*



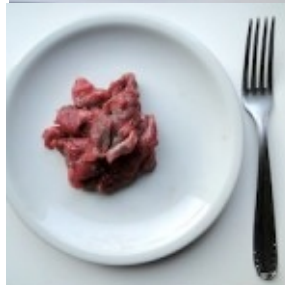
**Chicken Breast**  
**87 grams**  
91kcal  
20 g Protein  
0.0 g Carbs  
1.3 g Fat  
0.0 g Sugar



**Turkey**  
**80 grams**  
88 kcal  
20 g Protein  
0.0 g Carbs  
0.8 g Fat  
0.0 g Sugar



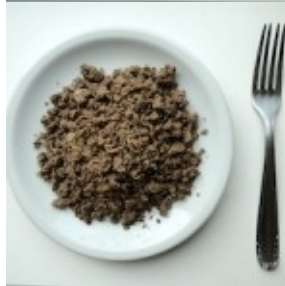
**Ground Beef**  
**105 grams**  
196 kcal  
20 g Protein  
0.5 g Carbs  
12.6 g Fat  
0.4 g Sugar



**Lean Beef**  
**105 grams**  
131 kcal  
20 g Protein  
0.8 g Carbs  
5.3 g Fat  
0.0 g Sugar



**Tofu**  
**167 grams**  
192 kcal,  
20 g protein,  
1.7 g carbs,  
11.7 g fat  
0.7 g sugar,



**Quorn**  
**138 grams**  
130 kcal  
20 g Protein  
6.2 g Carbs  
2.8 g Fat  
0.8 g Sugar



**Seitan**  
**76 grams**  
110 kcal  
20 g Protein  
6.1 g Carbs  
0.6 g Fat  
0.0 g Sugar



**Protein Powder Whey Isolate**  
**21 grams**  
83 kcal  
20 g Protein  
0.2 g Carbs  
0.2 g Fat  
0.2 g Sugar