

# Protein Cheat Cheat

COUNTING MACROS AND NEED HELP GETTING MORE PROTEIN?

## PROTEIN + LOW FAT

96% Ground Beef  
96% Ground Bison  
Canadian Bacon  
Chicken Breast  
Chicken Deli Meat  
Cod  
1% Cottage Cheese  
Egg Whites  
Flounder  
0% Greek Yogurt  
Haddock  
Halibut  
Ham Deli Meat  
Lentils  
Low Fat Milk  
Mahi Mahi  
Non-Fat Plain Yogurt  
Pastrami Deli Meat  
Peas  
Pollock  
Pork Loin  
Most Protein Powder  
Roast Beef Deli Meat  
Shrimp  
Scallops  
Tilapia  
Tuna  
Turkey Deli Meat  
99% Ground Turkey  
Turkey Bacon  
Turkey Breast

## PROTEIN + MEDIUM FAT

90% Ground Beef  
90% Ground Bison  
Bone Broth  
Low Fat Cheese  
4.5% Cottage  
Cheese  
Chicken Dark Meat  
w/No Skin  
Flank Steak  
Filet Steak  
1% Greek Yogurt  
Herring  
Lamb Roast  
London Broil  
Jerky  
Prosciutto  
Most Protein Bars  
Tenderloin  
Sardines  
Top Sirloin Steak  
Swordfish  
Tuna  
Turkey Dark Meat  
w/No Skin  
90% Ground Turkey  
90% Ground Pork  
Veal Roast

## PROTEIN + HIGH FAT

Bacon  
85% Ground Beef  
Full Fat Cheese  
Chicken Dark Meat  
w/Skin  
Chorizo  
Corned Beef  
Full Fat Dairy  
Whole Eggs  
2% Greek Yogurt  
Ground Lamb  
Mozzarella Cheese  
Pepperoni  
Shoulder  
Pork Chop  
Prime Beef  
Pulled Pork  
Ribeye  
Ribs  
Ricotta Cheese  
Salmon  
Salami  
Most Sausage  
Skirt Steak  
Strip Steak

## PLANT-BASED PROTEIN

(Higher Carbs)

Asparagus  
Beans  
Broccoli  
Brussel Sprouts  
Buckwheat  
Chickpeas  
Couscous  
Edamame  
Lentils  
Hempseed  
Mushrooms  
Nutritional Yeast  
Oats  
Peas  
Quinoa  
Rice  
Seitan  
Spelt  
Spinach  
Tempeh  
Tofu  
Wheat Germ

(Higher Fat)

Nuts & Butter  
Seeds & Butter  
Oils  
Flaxseeds  
Tahini