

High Protein Foods

1 oz of these foods contain approximately 7 grams of protein

- 1 egg, 2 egg whites or 1/4 cup of egg substitute (egg beaters) (1 oz.)
- Fish- use any fresh fish or tuna canned in spring water
- Chicken or Turkey- be sure that it is moist and tender
- 1 cup low-fat yogurt or milk
- 1 oz cheese (be sure it is low-fat)
- 1/4 c. low-fat cottage cheese
- 25 Soy Crisps
- Nuts- 25 nuts= 1 oz (chew very well!!!!)



Protein Supplements

- Unjury.com
- Beneprotein Power
- New Whey bullets- 42 grams in 3 oz liquid
- Prostat 64 protein drinks- 64 grams protein – www.prostat64.com
- GNC Whey Protein- chocolate

Protein Shakes

- Advantedge (made by EAS) Silver can is lower in carb & calories
- Atkins Advantage shake
- Myoplex Lite Nutrition Shake (made by EAS)
- Slim Sense shake (do not order anything except the shake!!!)
- Carnation Instant Breakfast (Sugar-free only)
- MetRx Lite Shake
- Optisource strawberry
- Performance 95 from GNC (variety of flavors)



Protein Bars

- Glucerna
- Advantage carb control nutrition bar (by EAS) – 2 grams impact carbs & 25 g protein
- South Beach High Protein
- Balance Bar
- Zone Perfect Bar
- GeniSoy (chocolate chip)
- Atkins- Cinnamon Bun

