

# Good Sources of Protein

## Quick Reference Guide

### **Lean meats:**

- Chicken
- Turkey
- Beef
- Fish
- Lean Pork

### **Dairy:**

- Cheese (no cheese spread or slices)
- Greek yogurt
- Cottage cheese
- Eggs
- Kefir
- milk

### **Nuts**

**Nut butter**

**Nut milk**

**Beans**

**Quinoa**

**Tofu/soy**

**Protein powder**