



## Miracle Skinny Drops

### **List of Vegetable Proteins:**

Aubergine-1  
Beetroot-2  
Broccoli-3  
Brussel Sprouts-3  
Cabbage-1  
Carrot-0.5  
Cauliflower-3  
Celery-0.5  
Cucumber-0.5  
Fennel-1  
Leek-1.6  
Lettuce - 0.7  
Mushrooms-2  
Okra-2.4  
Onion-0.7  
Spring Onion-2  
Parsnip-1.5  
Peppers-1  
Pumpkin-0.5  
Radish-0.7  
Spinach-2  
Swede-0.5  
Sweet Corn-2.5  
Tomatoes-2  
Turnip-0.8  
Yam-2

### **Animal Protein Choices:**

#### **Beef**

- Hamburger patty, 4 oz – 28 grams protein
- Steak, 6 oz – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

## **Chicken**

- Chicken breast, 3.5 oz - 30 grams protein
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams
- Wing – 6 grams
- Chicken meat, cooked, 4 oz – 35 grams

## **Fish**

- Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz (100 grams) of cooked fish, or 6 grams per ounce
- Tuna, 6 oz can - 40 grams of protein

## **Pork**

- Pork chop, average - 22 grams protein
- Pork loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz serving – 19 grams
- Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
- Bacon, 1 slice – 3 grams
- Canadian-style bacon (back bacon), slice – 5 – 6 grams

## **Eggs and Dairy**

- Egg, large - 6 grams protein
- Milk, 1 cup - 8 grams
- Cottage cheese, ½ cup - 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz

## **Beans (including soy)**

- Tofu, ½ cup 20 grams protein
- Tofu, 1 oz, 2.3 grams
- Soy milk, 1 cup - 6 -10 grams
- Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
- Soy beans, ½ cup cooked – 14 grams protein
- Split peas, ½ cup cooked – 8 grams

## **Nuts and Seeds**

- Peanut butter, 2 Tablespoons - 8 grams protein

- Almonds,  $\frac{1}{4}$  cup – 8 grams
- Peanuts,  $\frac{1}{4}$  cup – 9 grams
- Cashews,  $\frac{1}{4}$  cup – 5 grams
- Pecans,  $\frac{1}{4}$  cup – 2.5 grams
- Sunflower seeds,  $\frac{1}{4}$  cup – 6 grams
- Pumpkin seeds,  $\frac{1}{4}$  cup – 8 grams
- Flax seeds –  $\frac{1}{4}$  cup – 8 grams