

30 Grams of Protein Cheat Sheet

for optimal hormones & metabolic health

drbrighten.com



Greek Yogurt
1.5 cups



Cottage Cheese
1 cup



Whole Eggs
5 total



Salmon
5 ounces



Turkey Bacon
4 slices



Organic Tofu
1 cup



Protein Powder
1.5 scoops



Beans
2 cups



Organic Tempeh
1 cup



Pork Chop
4 ounces



Shrimp
10 large



Beef Steak
5 ounces



Lamb
4 ounces



Bone Broth
3 cups



Lentils
1.5 cups



Liver
3 ounces

Protein Breakfast Sleep Hacks Compare

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