

# 20 grams of protein



21 grams protein powder (whey isolate)  
83 kcal, 20 g protein, 0.2 g carbs, 0.2 g sugar, 0.2 fat



182 grams egg whites (5 egg whites)  
94 kcal, 20 g protein, 1.3 g carbs, 1.3 g sugar, 0.3 g fat



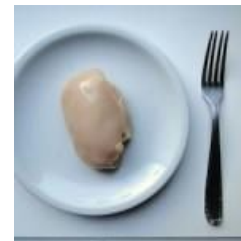
80 grams canned tuna (packed in water)  
84 kcal, 20 g protein, 0.0 g carbs, 0.0 g sugar, 0.4 fat



80 grams turkey  
88 kcal, 20 g protein, 0.0 g carbs, 0.0 g sugar, 0.8 g fat



118 grams scallops  
91 kcal, 20 g protein, 0.7 g carbs, 0.4 g sugar, 0.8 g fat



87 grams chicken breast  
91 kcal, 20 g protein, 0.0 carbs, 0.0 g sugar, 1.3 g fat



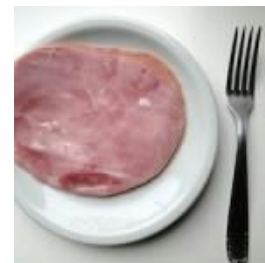
75 grams shrimps  
99 kcal, 20 g protein, 0.9 g carbs, 0.0 g sugar, 1.7 g fat



143 grams codfish  
101 kcal, 20 g protein, 0.4 g carbs, 0.0 g sugar, 2.1 g fat



194 grams fat-free Greek yogurt  
111 kcal, 20 g protein, 7.8 g carbs, 7.8 g sugar, 0.0 fat



125 grams ham  
125 kcal, 20 g protein, 2.5 g carbs, 2.5 g sugar, 3.8 g fat  
(but careful: high in sodium)

# 20 grams of protein



182 grams mussels  
131 kcal, 20 g protein,  
4.5 g carbs, 0.9 g  
sugar, 3.6 g fat



105 grams lean beef  
131 kcal, 20 g protein, 0.8 g carbs,  
0.0 g sugar, 5.3 g fat



179 grams cottage  
cheese  
159 kcal, 20 g protein,  
4.1 carbs, 4.1 sugar, 7  
g fat



88 grams sardines  
174 kcal, 20 g protein, 0.1 carbs,  
0.0 sugar, 10.4 g fat



105 grams ground  
beef  
196 kcal, 20 g protein,  
0.5 g carbs, 0.4 g  
sugar, 12.6 g fat



105 grams salmon  
245 kcal, 20 g protein, 1.1 g carbs,  
1.1 g sugar, 17.9 g fat



159 grams eggs  
(3 whole eggs)  
225 kcal, 20 g  
protein, 1.1 g  
carbs, 1.1 g  
sugar, 15.7 g fat