

Where Is My

Protein?

Below are proteins listed by fuel setting that you should use to anchor all of your meals & snacks for stabilizing blood sugar and staying full longer.

S SETTING

proteins

Collagen

Whey protein powder

Lean deli ham or turkey

Eggs or egg whites

Nonfat Greek yogurt

Double fermented kefir

Gelatin

Beef

Turkey

Chicken

Venison

Fish

Nuts

Nut butter

Cottage Cheese

Seeds

Cheese

E SETTING

proteins

Collagen

Whey protein powder

Lean deli ham or turkey

Egg whites

Nonfat Greek yogurt

Low-fat kefir

Lowfat Cottage Cheese

Gelatin

Chicken

Ground turkey lean

Venison

Fish no skin

Beans

Quinoa

Light Laughing Cow Cheese

FP SETTING

proteins

Collagen

Protein powder

Lean deli ham or turkey

Egg whites

Nonfat Greek yogurt

Kefir

Chicken

Venison

Fish no skin

Gelatin

Light Laughing Cow Cheese