

# FOOD HIGH IN BCAAs



## LEAN RED MEAT

3.5 OZ = 6 GRAMS

## CHICKEN BREAST

3.5 OZ = 6 GRAMS



## SALMON

3.5 OZ = 5 GRAMS

## TURKEY BREAST

3.5 OZ = 5 GRAMS



## CANNED TUNA

3.5 OZ = 5 GRAMS

## PARMESAN CHEESE

1 CUP = 2.2 GRAMS



## MILK

1 CUP = 2 GRAMS

## GREEK YOGURT

1/2 CUP = 2 GRAMS



## TOFU

3 OZ = 2 GRAMS

## EGGS

1 LARGE = 1.5 GRAMS

