

## THE MODERN PALEO SURVIVAL GUIDES



# PROTEIN

Here's a breakdown of animal proteins and their fat to protein content to consider when making protein choices. Our ancestors ate wild game that had very little fat compared to the meat we eat today. Grain-fed meat has an alarming amount of fat in ratios that are not healthy for us — too much omega-6 and very little omega-3. Eating grassfed meat is the closest we can get to lean wild game with a healthier fat profile. Try to eat as many lean animal proteins as possible, while eating fewer of the fattier proteins in an attempt to emulate how Paleo man would have eaten.

We need about .5 to 1 lb (.22-.45 kg) of meat per day. Some large people or athletes need up to 1.5 lbs (.68 kg) per day. This is roughly 10-30% dietary protein. Everyone is different so you need to play around with your daily amounts. People naturally crave meat when they need it and it doesn't taste appetizing if you don't require it. Our bodies easily regulate our protein intake so you will naturally gravitate to how much you need. Listen to your body.

LEAN PROTEINS	% PROTEIN	% FAT
Skinless Turkey Breasts	94	5
Boiled Shrimp	90	10
Orange Roughy	90	10
Pollock	90	10
Broiled Lobster	89	5
Red Snapper	87	13
Dungeness Crab	86	10
Alaskan King Crab Legs	85	15
Buffalo Roast	84	16
Broiled Mackerel	82	18
Roast Venison	81	19
Broiled Halibut	80	20
Beef Sweetbreads (glands)	77	23
Steamed Clams	73	12
Pork Tenderloin	72	28
Beef Heart	69	30
Broiled Tuna	68	32
Veal Steak	68	32
Sirloin Beef Steak	65	35
Chicken Livers	65	32
Skinless Chicken Breasts	63	37
Beef Liver	63	28
Lean Beef Flank Steak	62	38
Broiled Salmon	62	38
Lean Pork Chops	62	38
Mussels	58	24
Eggs	34	62

FATTY PROTEINS	% PROTEIN	% FAT
Fatty Pork Chops	49	51
Lean Lamb Chops	49	51
Pork Shoulder Roast	45	55
Ham Lunch Meat	39	54
T-bone Steak	36	64
Chicken thigh/leg	36	63
Ground Beef (15% fat)	35	63
Lamb Shoulder Roast	32	68
Pork Ribs	27	73
Beef Ribs	26	74
Fat Lamb Chops	25	75
Dry Salami	23	75
Link Pork Sausage	22	77
Bacon	21	78
Liverwurst	18	79
Bologna	15	81
Hot Dog	14	83