

# RTB Spa Complete Protein Guide

Created: February 7, 2025

## ESSENTIAL PROTEIN SOURCES AND NUTRITION FACTS

### FISH & SEAFOOD

#### 1. Salmon (4 oz / 113g), Wild-caught

- Calories: 180
- Protein: 23g
- Fat: 10g
- Omega-3: 2.3g
- Vitamin D: 100% DV
- Vitamin B12: 100% DV
- Selenium: 67% DV

#### 2. Tuna (4 oz / 113g), Yellowfin

- Calories: 120
- Protein: 26g
- Fat: 1g
- Selenium: 60% DV
- Vitamin B12: 65% DV
- Niacin: 65% DV

#### 3. Shrimp (4 oz / 113g)

- Calories: 120
- Protein: 23g
- Fat: 1.5g

- Iodine: 100% DV
- Selenium: 48% DV
- Vitamin B12: 21% DV

## POULTRY

### 4. Chicken Breast (4 oz / 113g), Skinless

- Calories: 140
- Protein: 26g
- Fat: 3g
- Niacin: 70% DV
- Vitamin B6: 25% DV
- Phosphorus: 20% DV

### 5. Turkey Breast (4 oz / 113g), Skinless

- Calories: 130
- Protein: 26g
- Fat: 2g
- Selenium: 60% DV
- Phosphorus: 20% DV
- Zinc: 15% DV

## LEAN MEATS

### 6. Lean Beef Sirloin (4 oz / 113g)

- Calories: 180
- Protein: 25g
- Fat: 8g
- Iron: 15% DV

- Zinc: 40% DV
- Vitamin B12: 40% DV

#### 7. Pork Tenderloin (4 oz / 113g)

- Calories: 160
- Protein: 24g
- Fat: 5g
- Thiamin: 80% DV
- Selenium: 65% DV
- Phosphorus: 25% DV

#### PLANT-BASED PROTEINS

#### 8. Tofu, Firm (4 oz / 113g)

- Calories: 120
- Protein: 14g
- Fat: 7g
- Calcium: 25% DV
- Iron: 15% DV
- Magnesium: 15% DV

#### 9. Lentils (1/2 cup cooked)

- Calories: 115
- Protein: 9g
- Fiber: 8g
- Iron: 15% DV
- Folate: 45% DV
- Potassium: 8% DV

10. Quinoa (1/2 cup cooked)

- Calories: 111
- Protein: 4g
- Fiber: 2.6g
- Iron: 8% DV
- Magnesium: 15% DV
- Zinc: 10% DV

DAIRY & EGGS

11. Greek Yogurt (6 oz / 170g), Plain, Non-fat

- Calories: 100
- Protein: 17g
- Calcium: 20% DV
- Potassium: 6% DV
- Vitamin B12: 15% DV

12. Cottage Cheese (4 oz / 113g), 1% fat

- Calories: 90
- Protein: 14g
- Calcium: 10% DV
- Phosphorus: 20% DV
- Vitamin B12: 15% DV

13. Eggs (2 large)

- Calories: 140
- Protein: 12g

- Fat: 10g
- Vitamin D: 10% DV
- Vitamin B12: 22% DV
- Selenium: 56% DV

#### TIPS FOR OPTIMAL PROTEIN INTAKE

- Aim for 0.8-1.2g of protein per pound of body weight
- Space protein intake throughout the day
- Consume protein within 30 minutes post-workout
- Combine with complex carbohydrates for better absorption
- Stay hydrated to help with protein synthesis

Note: DV = Daily Value based on a 2,000-calorie diet

All values are approximate and may vary by brand and preparation method.

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