

High Protein Food

THE AMOUNT OF PROTEIN PROVIDED IS CALCULATED PER 1 SERVING SIZE (PORTION)

meat



24g

Salmon

(94g cooked) 24g protein



36g

Chicken breast

(150g) 36g protein



39g

Tenderloin steak

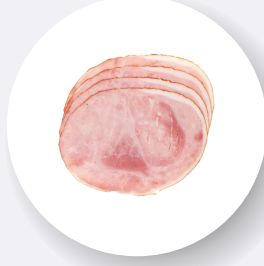
(190g) 39g protein



29g

Tuna steak

(120g) 29g protein



11g

Ham

(50g) 11g protein



27g

Pork Tenderloin

(135g) 27g protein

Eggs & Dairy



13g

Eggs

E(2 eggs) 13g protein



6g

Mozzarella

(30g) 6g protein



5g

Goat cheese

(30g) 5g protein



6g

Cottage cheese

(60g) 6g protein



4g

Greek yogurt

(100g) 4g protein



8g

Tofu

(70g) 8g protein

High Protein Food

THE AMOUNT OF PROTEIN PROVIDED IS CALCULATED PER 1 SERVING SIZE (PORTION)

Eggs & Dairy cont.



7g

Low fat milk
(200ml) 7g protein

Plant Sources



5g

Mixed nuts
(25g) 5g protein



6g

Lentils
(80g cooked) 6g protein



9g

Chickpeas
(120g cooked) 9g protein



10g

Kidney beans
(120g cooked) 10g protein



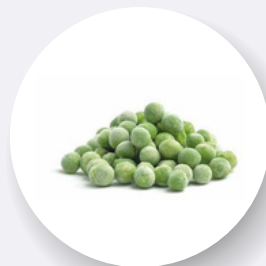
4g

Quinoa
(100g cooked) 4g protein



11g

Soya beans
(80g) 11g protein



5g

Green peas
(80g) 5g protein