



NUTRITION & WELLNESS

PROTEIN SOURCE

Cheat Sheet



HIGH-PROTEIN FOODS + HOW MUCH PROTEIN YOU GET PER SERVING

ANIMAL-BASED PROTEIN SOURCES

FOOD	SERVING SIZE	PROTEIN (G)
 Chicken breast (skinless)	100g	31g
 Turkey breast	100g	29g
 Lean beef (sirloin)	100g	26g
 Salmon	100g	22g
 Tuna (canned in water)	1 can (120g)	28g
 Prawns	100g	24g
 Eggs	2 large	12g
 Greek yoghurt (plain)	170g	17g
 Cottage cheese	100g	11g
 Milk	250ml	8g
 Cheddar cheese	30g	7g

PLANT-BASED PROTEIN SOURCES

FOOD	SERVING SIZE	PROTEIN (G)
 Lentils (cooked)	1 cup (198g)	18g
 Chickpeas (cooked)	1 cup (164g)	15g
 Black beans (cooked)	1 cup (172g)	15g
 Tofu (firm)	100g	12g
 Tempeh	100g	19g
 Edamame	1 cup (155g)	17g
 Quinoa (cooked)	1 cup (185g)	8g
 Oats	1/2 cup (40g)	7g
 Chia seeds	2 tbsp (24g)	5g
 Hemp seeds	3 tbsp (30g)	10g
 Pumpkin seeds	1/4 cup (30g)	9g
 Almonds	1/4 cup (28g)	6g
 Peanut butter	2 tbsp (32g)	8g

♥ Protein needs vary for everyone. These values are approximate.