

Protein Source	Per 100g	Information
Cottage chese	11g	Excellent high protein dairy source which is low in fat compared to normal cheese. Complete protein and high in calcium.
Hard tasty cheese	26g	High protein per gram. Complete protein and high in calcium.
Halloumi Cheese	22g	High protein per gram. Complete protein and high in calcium.
Hard tofu	16g	High protein. Has moderate plant-based iron. Has a chemical compound which mimics the estrogen hormone so is good at supporting low estrogen such as peri-menopausal symptoms.
Silken tofu	5g	Contains moderate protein, lower calorie than normal tofu. Has a chemical compound which mimics the estrogen hormone so is good at supporting low estrogen such as peri-menopausal symptoms.
Tempeh	19g	Fermented and good for gut health. High in protein. Contains omega fatty acids.
Lupin Flakes	16g	High in protein, plant-based iron, pre-biotic fibre for good gut health. Strong taste.
Quinoa	4g	Complete protein source- one of the rare plant based protein sources with all 9 amino acids
Black beans	9g	Affordable. High fibre, great for gut health, high in plant-based iron. High in antioxidants to fight off oxidative stress.

Chickpeas	5g	Affordable. High fibre, great for gut health. High in B9, B6 and magnesium. Good for boosting estrogen.
Lentils	9g	Affordable. High fibre, great for gut health.
Walnuts	15g	High in omega fatty acids. Great for heart and brain health.
Buckwheat (Gluten free)	13g	High fibre, great for gut health and colon health.
Chia Seeds	17g	High in omega fatty acids. Great for heart and brain health.
Hemp seeds	38g	High in omega fatty acids. Great for heart and brain health. Complete Protein source. High in magnesium, potassium, and folate.
Seasme seeds	17	High in healthy fats. High in B6, coper, plant-based calcium and extremely high in potassium. Great for hormone regulation and increasing progesterone seed cycling.
oats	17g	High in resistance starch so great for the body removing toxins (hormones). Complex carb being great for consistent energy. Oats contain all nine essential amino acids, however, do not have quite enough of the amino acid lysine to qualify as a complete protein. Affordable
Almonds	21g	Good source of fats, high in B6 gret for snacks.
Peanuts	26g	IS higher in saturate fat content than other nuts, is apart of the legume family, high in protein per serve.