

HIGH-PROTEIN FOODS



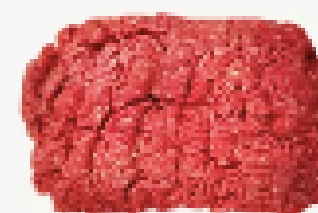
turkey breast
82 g/260 g serve



ribeye filet
69 g/200 g serve



lamb roast
56 g/200 g serve



ground beef
54 g/160 g serve



pork chops
53 g/180 g serve



filet mignon
52 g/145 g serve



chicken breast
47 g/130 g serve



T-Bone steak
44 g/160 g serve



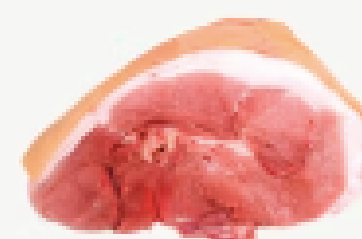
liver
40 g/100 g serve



salmon
40 g/160 g serve



cod
40 g/150 g serve



leg ham
39 g/150 g serve

HIGH-PROTEIN MEATS



turkey breast
82 g/260 g serve



ribeye filet
69 g/220 g serve



New York strip steak
62 g/175 g serve



lamb roast
56 g/200 g serve



ground beef
54 g/160 g serve



sirloin steak
53 g/180 g serve



pork chops
53 g/185 g serve



filet mignon
52 g/145 g serve



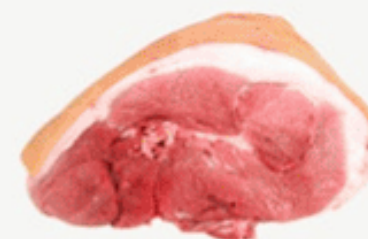
flank steak
51 g/160 g serve



chicken breast
47 g/130 g serve



T-Bone steak
44 g/160 g serve



leg ham
39 g/150 g serve

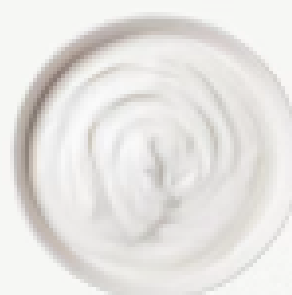
HIGH-PROTEIN DAIRY & EGG



protein powder
29 g/44 g serve



halloumi
18 g/75 g serve



Greek yogurt
15 g/150 g serve



quark
14 g/20 g serving



egg
14 g/100 g serve



paneer cheese
13 g/55 g serve



Jarlsberg cheese
13 g/45 g serve



camembert cheese
13 g/52 g serve



Swiss cheese
13 g/38 g serve



cottage cheese
13 g/90 g serve



brie cheese
12 g/47 g serve



egg whites
11 g/90 g serve

HIGH-PROTEIN SEAFOOD



carp
70 g/260 g serve



trout
49 g/180 g serve



bream
44 g/100 g serve



salmon
44 g/120 g serve



cod
40 g/145 g serve



snapper
39 g/120 g serve



hake
35 g/180 g serve



pollock
35 g/140 g serve



sardines
27 g/120 g serve



tuna
25 g/95 g serve



mackerel
23 g/90 g serve



shrimp/prawns
22 g/80 g serve

HIGHER-PROTEIN LEGUMES, GRAINS, BEANS, NUTS AND SEEDS



natto
20 g/100 g serve



kidney beans
20 g/200 g serve



tofu
17 g/85 g serve



tempeh
16 g/85 g serve



lentils
13 g/125 g serve



edamame
12 g/90 g serve



lupini
11 g/65 g serve



multigrain bread
11 g/80 g serve



black beans
10 g/90 g serve



peanuts
10 g/35 g serve



oatmeal (steel cut)
10 g/70 g serve



white rice
9 g/140 g serve