

High-Protein Food Cheat Sheet

Protein per 100g (cooked / as eaten). Pin it to the fridge and build every meal around a protein anchor.

Lean Meat & Poultry

Food	Protein / 100g
Chicken breast	31g
Turkey breast	29g
Lean beef mince (5%)	26g
Pork loin	27g
Beef jerky	33g

Fish & Seafood

Food	Protein / 100g
Tuna (tinned, in water)	25g
Salmon	25g
Prawns	24g
Cod / white fish	23g
Mackerel	19g

Eggs & Dairy

Food	Protein / 100g
Cheddar cheese	25g
Skyr	11g
Cottage cheese	11g
Greek yogurt (0%)	10g
Whole egg (~2 eggs)	13g
Milk (semi)	3.4g

Plant Proteins

Food	Protein / 100g
Seitan	25g
Tempeh	19g
Tofu (firm)	15g
Edamame	11g
Lentils (cooked)	9g
Chickpeas / beans (cooked)	9g

Handy Supplements & Snacks

Food	Protein / 100g
Whey protein (per 30g scoop)	~24g
Soy protein isolate	~27g/30g
Protein bar (typical)	~20g
Roasted chickpeas (100g)	19g

Rule of thumb: aim for 25-40g protein per meal. Get your personal daily target free at mymacrofit.com/tools/protein-calculator

MyMacroFit.com · Free calculators & meal plans · Not medical advice