

Protein

So what's the protein in protein?....

Chicken Breast (raw)



22g protein
0g carbs
2g fat
0g fibre
105 kcal/
438 kJ

Serving: 100g

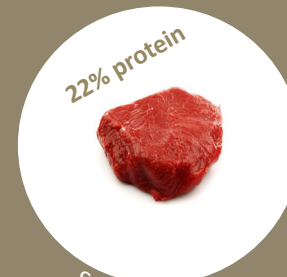
Beef Mince (raw)



22g protein
0g carbs
9g fat
0g fibre
170 kcal/
710 kJ

Serving: 100g

Beef Eye Fillet (raw)



22g protein
0g carbs
5g fat
0g fibre
136 kcal/
570 kJ

Serving: 100g

Salmon (raw)



25g protein
0g carbs
15g fat
0g fibre
237 kcal/
992 kJ

Serving: 115g

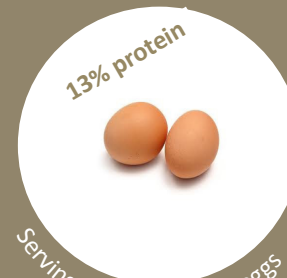
Tinned Tuna



25g protein
0g carbs
3g fat
0g fibre
124 kcal/
518 kJ

Serving: 100g or a small can

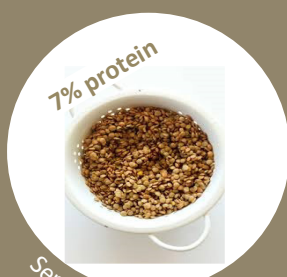
Eggs



15g protein
0g carbs
10g fat
0g fibre
153 kcal/
640 kJ

Serving: 120g or 2 med. eggs

Lentils (cooked)



10g protein
15g carbs
1g fat
6g fibre
127 kcal/
531 kJ

Serving: 1 cup or 150g

Peanut Butter



7g protein
4g carbs
15g fat
2g fibre
180 kcal/
755 kJ

Serving: 2 tablespoons or 30g

Quinoa (cooked)



4g protein
15g carbs
2g fat
2g fibre
96 kcal/
403 kJ

Serving: 1/2 a cup or 97g

Almonds



6g protein
2g carbs
17g fat
2g fibre
190 kcal/
796 kJ

Serving: 30g

Tofu



20g protein
0g carbs
12g fat
6g fibre
204 kcal/
853 kJ

Serving: 170g

Plain Yogurt



11g protein
8g carbs
8g fat
0g fibre
155 kcal/
648 kJ

Serving: 200g

