

## ANIMAL-BASED PROTEIN SOURCES

### Meat, Poultry, Fish, & Eggs

Food (raw)	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Shrimp/Prawn	113g (4 oz)	96	22.7	95%	USDA
Tuna	113g (4 oz)	123.2	27.6	90%	USDA
Cod fillet	231g (1 fillet)	189	41.1	87%	USDA
Turkey breast (meat only)	113g (4 oz)	129	26.7	83%	USDA
Egg white	34g (1 large)	18.7	3.64	78%	USDA
Chicken breast (meat only)	113g (4 oz)	136	25.4	75%	USDA
Bass fillet	159g (1 fillet)	154	28.2	73%	USDA
Pork chop, lean	113g (4 oz)	118	21	71%	USDA
Beef, sirloin steak, lean	113g (4 oz)	153	24.8	65%	USDA
Beef, rump steak, lean	113g (4 oz)	164	24.5	60%	USDA
Lamb loin chop, lean	113g (4 oz)	160	22.6	57%	USDA
Turkey leg (meat only)	113g (4 oz)	162.7	22.1	54%	USDA
Salmon fillet	113g (4 oz)	202.2	22.5	45%	USDA
Beef, ribeye steak, lean	113g (4 oz)	211	22	42%	USDA
Chicken leg (meat only)	113g (4 oz)	210	20.4	39%	USDA
Egg whole	51g (1 large)	74.4	6.2	33%	USDA
Bacon	18g (2 slices)	100	6	24%	USDA
Pork sausage	25g (1 link)	72	3.85	21%	USDA
Egg yolk	17g (1 large)	56.8	2.75	19%	USDA

### Protein Powder

Food	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Whey protein isolate	25g (1 scoop)	93	23	99%	MP
Whey protein	25g (1 scoop)	103	21	82%	MP

### Dairy

Food	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Cottage cheese, low fat	28g (1oz)	20.2	3.5	69%	T
Greek yoghurt, low fat	100g	73	10	55%	T
Quark	28g (1oz)	25.5	3.3	52%	T
Milk, skimmed	240ml (1 cup)	89	8.6	39%	T
Cheese, mozzarella	28g (1oz)	84	6.2	30%	T
Milk, semi skimmed	240ml (1 cup)	118	8.6	29%	T
Cheese, halloumi	28g (1oz)	87.6	6.2	28%	T
Cheese, camembert	28g (1oz)	84	5.5	26%	T
Cheese, stilton	28g (1oz)	110	7	25%	T
Cheese, cheddar	28g (1 slice)	113	7	25%	T
Cheese, brie	28g (1oz)	94	5.8	25%	T
Cheese, feta	28g (1oz)	73.9	4	22%	T
Milk, full fat	240ml (1 cup)	163	8.2	20%	T

#### Sources:

USDA FoodData Central (USDA)

Tesco product labels (T)

MyProtein product labels (MP)



## PLANT-BASED PROTEIN SOURCES

### Nuts & Seeds

Food	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Hemp seeds	30g (3 Tbsp)	170	9	21%	USDA
Pumpkin seeds (raw shelled)	30g (0.25 cup)	180	9	20%	USDA
Peanuts	30g (0.5 cup)	170	8	19%	USDA
Pistachios	30g (0.5 cup)	160	6	15%	USDA
Almonds	30g (0.5 cup)	170	6	14%	USDA
Chia seeds	24g (2 Tbsp)	120	4	13%	USDA
Sunflower seeds	28g (0.5 cup)	160	5	13%	USDA
Cashews	28g (0.25 cup)	160	5	13%	USDA
Flax seeds	24g (2 Tbsp)	130	4	12%	USDA
Walnuts	30g (0.25 cup)	200	5	10%	USDA

### Vegetables

Food	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Mushrooms, cooked	96g (1 cup)	35	3.9	45%	USDA
Spinach, cooked	240g (1 cup)	50	5	40%	USDA
Broccoli, chopped	91g (1 cup)	31	2.6	34%	USDA
Kale, cooked	118g (1 cup)	43	3.5	33%	USDA
Brussels sprouts	85g (1 cup)	45	3	27%	USDA

### Plant-Based Protein Powder

Food	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Soy protein isolate	30g (1.5 scoop)	116	27	93%	MP
Pea Protein	30g (1 scoop)	107	23	86%	MP
Brown rice protein	30g (1 scoop)	127	23	72%	MP
Spirulina powder	30g (1 scoop)	113	19	67%	MP
Hemp protein	30g (1 scoop)	124	16	52%	MP

### Beans & Legumes

Food (cooked)	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Tofu	100g (0.5 cup)	82	11	54%	USDA
Tempeh	100g (0.5 cup)	195	20	41%	USDA
Lentils	96g (0.5 cup)	110	9	33%	USDA
Kidney beans	130g (0.5 cup)	110	9	33%	USDA
Soya beans	80g (0.5 cup)	150	11	29%	USDA
Split peas	98g (0.5 cup)	116	8.2	28%	USDA
Lima beans	92g (0.5 cup)	105	7	27%	USDA
Black-eye peas	81g (0.5 cup)	90	6	27%	USDA
Peas, cooked	250g (1 cup)	120	8	27%	USDA
Cannellini beans	130g (0.5 cup)	110	7	25%	USDA
Black beans	130g (0.5 cup)	110	7	25%	USDA
Pinto beans	130g (0.5 cup)	110	7	25%	USDA
Haricot (Navy) beans	91g (0.5 cup)	128	7.5	23%	USDA
Chickpeas (Garbanzo beans)	82g (0.5 cup)	134	7.2	21%	USDA

Sources:

USDA FoodData Central (USDA)

Tesco product labels (T)

MyProtein product labels (MP)

Heatrick Muay Thai Performance | [heatrick.com](http://heatrick.com)



### Bread, Grains, & Pasta

Food (cooked)	Serving Size	Calories (kcal)	Protein (g)	Calories from Protein	Source
Seitan	126g (0.5 cup)	180	24	53%	USDA
Whole wheat bread	72g (2 slices)	180	10	22%	USDA
Spelt	97g (0.5 cup)	123	5.4	18%	USDA
Whole wheat pasta	76g (0.5 cup)	88	3.8	17%	USDA
Teff	126g (0.5 cup)	128	4.9	15%	USDA
Quinoa	93g (0.5 cup)	111	4	14%	USDA
Oats	40g (0.5 cup)	150	5	13%	USDA
Buckwheat	84g (0.5 cup)	78	2.8	14%	USDA
Brown rice	70g (0.5 cup)	120	5	17%	USDA

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