

# SOURCES OF PROTEIN - 25GMS PER PORTION

<b>Food</b>	<b>Quantity</b> (dry weight)	<b>Protein gms</b>	<b>Calories</b>
Whole Milk	775 ml	25	500
Cottage Cheese (5%)	260 gms	25	273
Whole Eggs	4	25	264
Thick Bacon	3 slices	25	255
Sirloin Steak	120 gms	25	240
Salmon	100 gms	25	209
Beef Mince (5%)	120 gms	25	150
0% Yogurt	240 gms	25	137
Whey Protein	30 gms	25	124
Beef Jerky	45 gms	25	123
Canned Tuna	110 gms	25	109
Chicken Breast	110 gms	25	106
Prawns	100 gms	25	115
Turkey	80 gms	25	112
Quorn	172 gms	25	180
Beans	113 gms	25	326
Seeds	119 gms	25	695
Almonds	113 gms	25	659
Tofu	305 gms	25	213
Nut Butter	125 gms	25	783