

the dinner bell guide to protein-rich foods

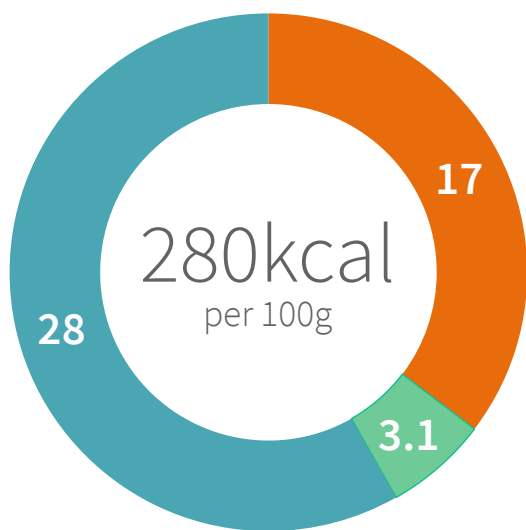
We all *try* to make good choices about what we eat, but the fact remains that sometimes it's just not that simple.

Fed up with clicking through endless online slideshows to find out what would help with balancing out macros and keeping me full, I decided to pull together the vital info for a range of foods, including meat and fish, eggs and dairy, and vegan-friendly nuts, pulses, and vegetables.

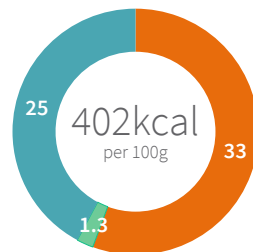
For each food, you'll find the protein/carb/fat breakdown (grams per 100g), calories per 100g, and grams of protein per 100 calories. Happy eating!

eggs & dairy

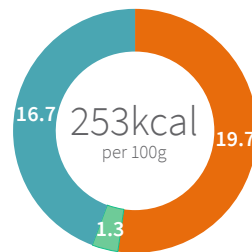
MOZZARELLA



Cheddar



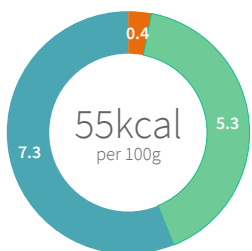
Halloumi



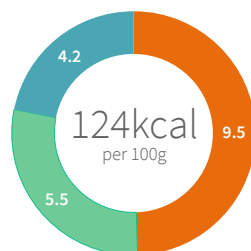
GRAMS OF PROTEIN PER 100KCAL

- Egg white 21.15g
- Fat free quark 18.38g
- Fat free Greek yoghurt 13.27g
- Mozzarella 10g
- Skimmed milk 9.71g
- Egg, whole 8.39g
- Halloumi 6.6g
- Cheddar 6.22g
- Full fat Greek yoghurt 3.39g

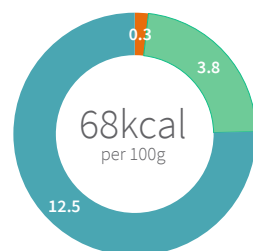
Fat free Greek yoghurt



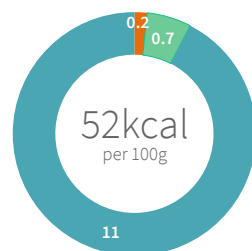
Full fat Greek yoghurt



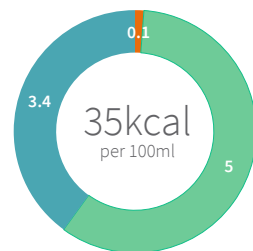
Fat free quark



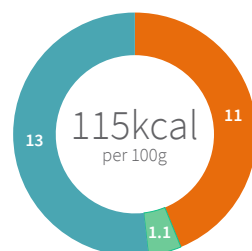
Egg white



Skimmed milk

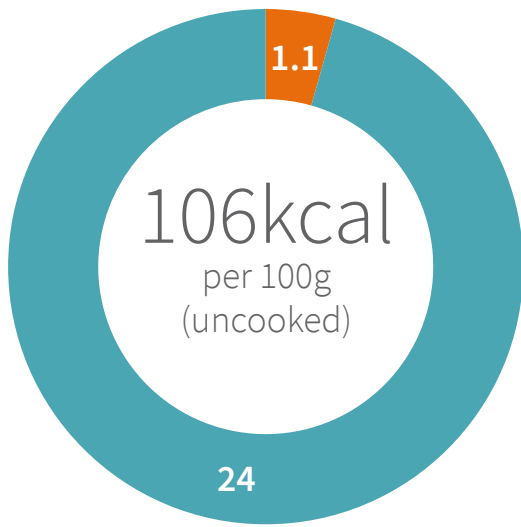


Egg, whole

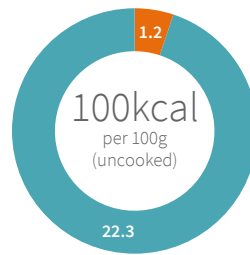


meat

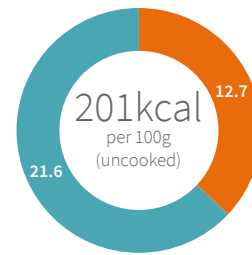
CHICKEN BREAST



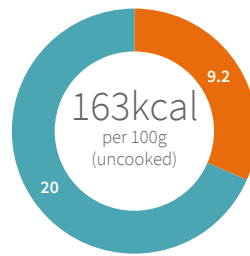
Turkey breast



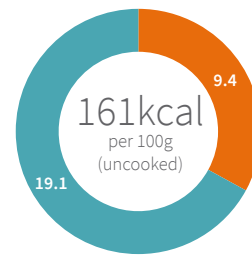
Sirloin steak



Lean beef mince (10% fat)



Lean pork mince (10% fat)

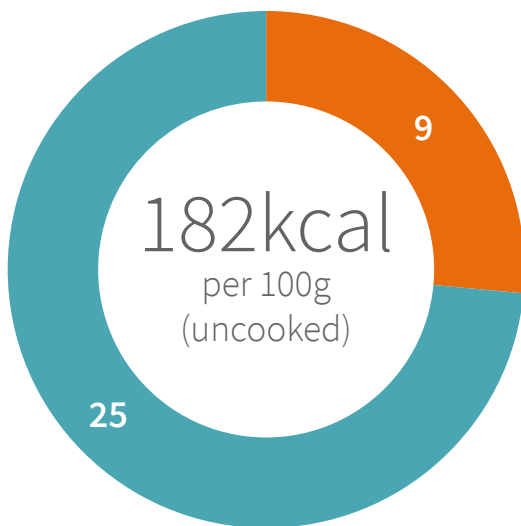


GRAMS OF PROTEIN PER 100KCAL

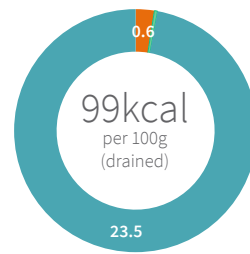
Chicken breast	22.64g
Turkey breast	22.3g
Lean beef mince	12.27g
Lean pork mince	11.86g
Sirloin steak	10.75g

fish

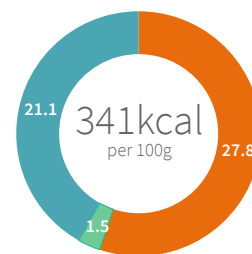
SALMON



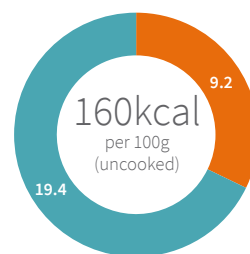
Tuna chunks (in water)



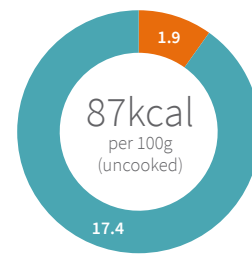
Smoked mackerel



Sea bass



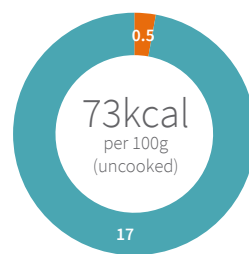
River cobbler



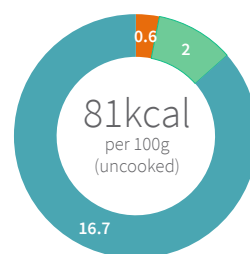
GRAMS OF PROTEIN PER 100KCAL

Tuna chunks	23.74g
Haddock	23.29g
Prawns	22.6g
Scallops	20.62g
River cobbler	20g
Salmon	13.74g
Sea bass	12.13g
Smoked mackerel	6.19g

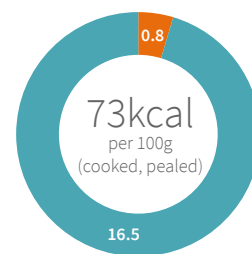
Haddock



Scallops (no roe)

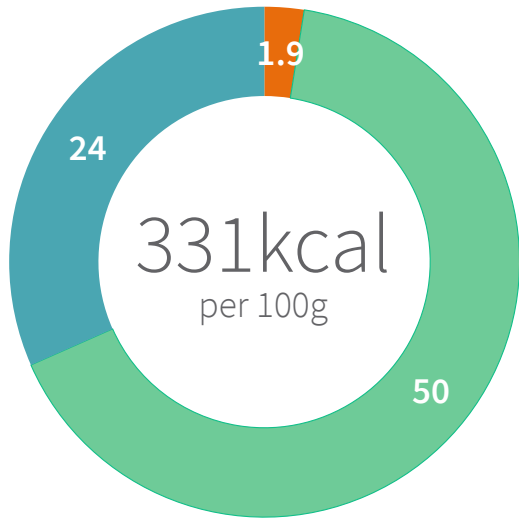


Prawns

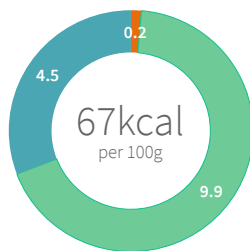


veggie-friendly

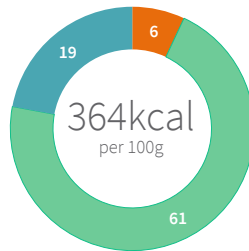
GREEN LENTILS (DRY)



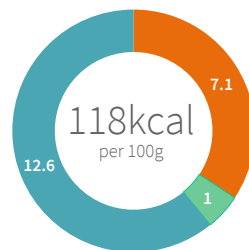
Baked beans (50% salt/sugar)



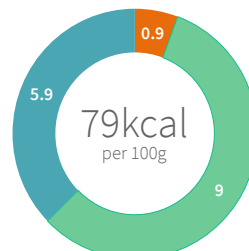
Chickpeas



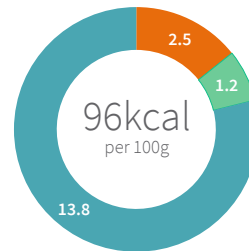
Tofu



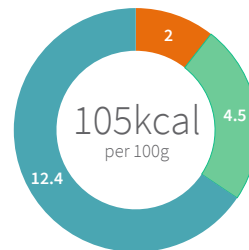
Peas



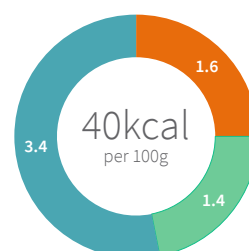
Quorn chicken



Quorn mince



Kale

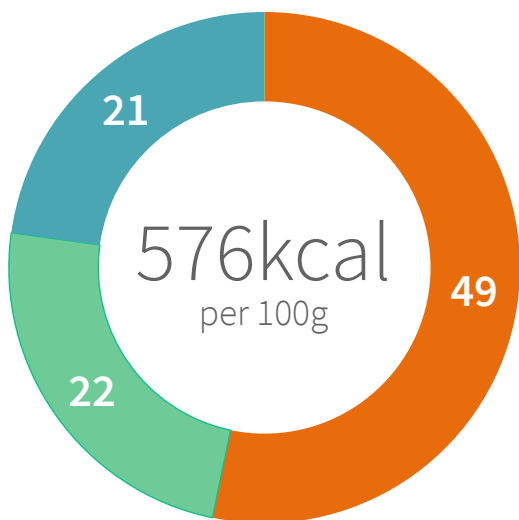


GRAMS OF PROTEIN PER 100KCAL

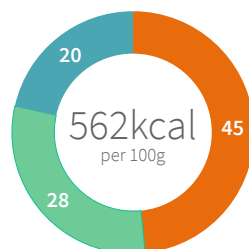
- Quorn chicken 14.38g
- Quorn mince 11.81g
- Tofu 10.68g
- Kale 8.5g
- Peas 7.47g
- Green lentils (dry) 7.25g
- Baked beans (50% salt/sugar) 6.72g
- Chickpeas 5.22g

nuts

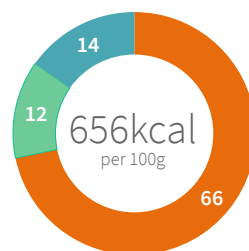
ALMONDS



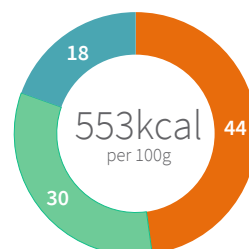
Pistachios



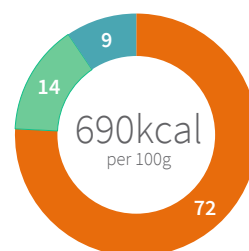
Brazil nuts



Cashews



Pecans



GRAMS OF PROTEIN PER 100KCAL

- Almonds 3.65g
- Pistachios 3.56g
- Cashews 3.25g
- Brazil nuts 2.13g
- Pecans 1.3g