

Whole Sources of Protein	Amount per 100g	Additional Information
Tuna (Tinned)	22g	N/A
Salmon	23.8g	N/A
Egg White	11g	N/A
Turkey (Breast)	29g	N/A
Turkey (Leg)	28g	More fat content will reduce overall protein percentage
Chicken (Breast)	31g	N/A
Chicken (Thigh)	24g	More fat content will reduce overall protein percentage
Beef (15% Fat Mince)	19.7g	N/A
Beef (Sirloin)	27g	N/A
Pork (4% Mince)	32g	N/A
Pork (Tenderloin)	26g	N/A
Tofu	8g	N/A
Tempeh (Soy)	19g	N/A
Seitain (Wheat Gluten)	75g	Not recommended for those with a gluten intolerance
Spirinula	57g	It is not a traditional vegetarian product but suitable for all
Quorn (Mycoprotein)	11g	Doesn't have all 9 EAA in the highest amounts but it is balanced when combined with lentils
Quark (Soft Cheese)	11g	N/A
Skyr (Plain)	10g	N/A
Greek Yoghurt (0% Fage)	11g	N/A
Grated Cheddar (50% Less Fat)	29.4g	Sample taken from Tesco
Protein Bar	38.9g	Same in Grenade - 'Carb Killa-Brownie' flavour

* Colours are representative of their location within the eat-well plate