

# Know your protein?

Fitness With  
Shakira



**\*Per 100g Raw\***

## Animal

## Plant

**11g**



**Pork Sausage**

**12g**



**2 Eggs**

**15g**



**Prawns**

**4g**



**Quinoa**

**7g**



**Kidney Beans**

**7g**



**Chickpeas**

**17g**



**Lamb chops**

**20g**



**Salmon**

**21g**



**Fillet Steak**

**8g**



**Tofu**

**8g**



**Black Beans**

**8g**



**Lentils**

**22g**



**Smoked Salmon**

**23g**



**Tuna**

**24g**



**Sirloin Steak**

**12g**



**Edamame**

**14g**



**Soya Beans**

**22g**



**Hemp Seeds**

**28g**



**Chicken Thigh**

**28g**



**Beef mince**

**32g**



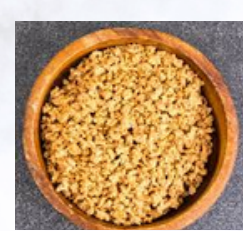
**Chicken Breast**

**24g**



**Pumpkin Seeds**

**36g**



**TVP**

**28g**



**Seitan**