

# Know Your Protein Choices

(Per 100g)



Dairy Sources	Amount	Animal Sources	Amount	Plant Sources	Amount
Plain Yogurt	3.5g	2 Eggs	12g	Chick Peas	7g
Full Fat Milk (100ml)	3.5g	Lamb Chops	17g	Black Beans	8g
Greek Yogurt	4g	Tuna Tin	23g	Tofu	8g
Cottage Cheese	11g	Sirloin Steak	24g	Edamame	12g
Cheddar Cheese	25g	Turkey Mince	27g	Soya Beans	14g
Mozzarella Cheese	28g	Chicken Thigh	28g	Pumpkin Seeds	24g
Average Whey Protein Powder Scoop	35g	Chicken Breast	32g	Textured Vegetable Protein	36g

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