



5 Healthy High PROTEIN FOODS



per 100 grams

CHICKEN BREAST

22g protein **105**
kcal



CANNED TUNA

25g protein **124**
kcal



EYE FILET

22g Protein **136**
kcal



SALMON

237
25g protein kcal



EGGS

15g protein **155**
kcal



WHY
IS PROTEIN
IMPORTANT



Reduce Hunger Levels
Increases Muscle Mass
Helps Maintain Weight Loss
increases energy production



5 Healthy High

PROTEIN FOODS



PLAIN YOGURT 200G

11g protein **155**
kcal



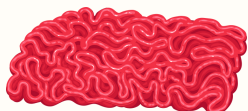
2TSB PEANUT BUTTER

7g protein **180**
kcal



100G BEEF MINCE LEAN

22g Protein **170**
kcal



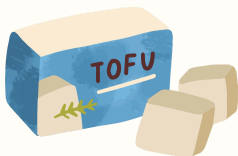
150G LENTILS

10g protein **127**
kcal



TOFU 170G

20g protein **204**
kcal



WHY
IS PROTEIN
IMPORTANT



Reduce Hunger Levels

Increases Muscle Mass

Helps Maintain Weight Loss

Required for cell growth and repair, enzyme reactions, nutrient

transport and hormone

production