

How much protein is in that?

Plant based protein

 Small block tofu 170g = 21g	 Baked beans 1/2 large can = 11g	 Chickpeas 1 cup/175g = 11g
 Shelled edamame 1/2 cup/75g = 10g	 Soy milk 250ml = 10g	 Grainy bread 2 slices = 8g
 Uncooked pasta 1/2 cup = 7g	 Cooked quinoa 1 cup = 7g	 Natural mixed nuts Handful/30g = 6g
 Rolled oats 1/2 cup = 5g	 Green peas 1/2 cup = 4g	 Peanut butter 1 Tbsp = 4g
 Corn cob 1/2 cob (100g) = 4g	 Almond milk 250ml = 2g	 Sunflower seeds 1 Tbsp = 1g

Animal based protein

 Canned tuna 95g = 24g	 Chicken breast (uncooked) 100g = 23g	 Beef steak (uncooked) 100g = 22g
 Salmon (uncooked) 100g = 20g	 Hoki fish (uncooked) 100g = 15g	 Eggs 2 eggs = 11g
 Mussels (without shell) 1/4 cup/62gm=11g	 2 slices cheese 40g = 11g	 Plain yoghurt 200g = 10g
 Medium latte 300ml = 9g	 Cows milk 250ml = 9g	 Cottage cheese 2 Tbsp = 4g