

Protein (4 Kcal/g)

Protein (made up of amino acids – the building blocks for many tissues in the body including muscle) is an essential macronutrient. As such, ensuring that you have an adequate protein intake is necessary to ensure that you can maintain or increase your muscle mass whilst training, especially if you are trying to lose weight.

There are 20 standard amino acids that make up proteins, of these 9 are classed as essential amino acids (i.e. the body cannot generate them itself and must acquire them through food), the remaining 11 are classed as non-essential. Complete sources of protein are those that contain ALL 20 amino acids – these are identified in the chart below.

High Protein Food List and Portions (inc. vegetarian options)

High Protein Food	Portion size to achieve approx. 25g Protein	Complete Protein Y/N
Beef rump Steak	100g (24g Protein)	Y
Tinned Tuna	100g (27g Protein) drained wt.	Y
Salmon	106g (25g Protein) cooked wt	Y
Turkey Breast	77g (25g Protein) cooked wt.	Y
Chicken Breast	81g (25g Protein) cooked wt.	Y
Pork Chops (boneless)	100g (26g Protein) cooked wt	Y
Beef Jerky	64g (25g Protein)	Y
Cod	116g (25g protein) cooked wt	Y
Eggs (V)	3 Large eggs 177g (25g protein)	Y
Whey Protein (V)	34g (25g Protein)	Y
Greek Yoghurt (V)	446g (25g Protein)	Y
Quinoa (V)	543g (25g Protein)	Y
Lentils (V)	333g (25g Protein)	N
Cottage Cheese (V)	221g (25g Protein)	Y
Edamame Beans (V)	206g (25g Protein)	N
Peanut Butter (V)	95g (25g protein)	Y
Quorn (V)	180g (25g Protein)	Y
Tofu (V)	379g (25g Protein)	Y

N.B

This list is not exhaustive: protein content can be found on the back of every food packet. This is often displayed in g/100g. In order to work out how much of the product you need in order to acquire the 25g portions simply divide 100g by the number of g protein written then multiply the answer by 25 and there you have it!

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