

BARE

PROTEIN CHEAT SHEET



@bareguide

PROTEIN CHEAT SHEET

This table provides an overview of different protein sources, including their average protein and energy content per 100 g. The protein values are approximate and may vary depending on factors such as cooking method or preparation style.

Understanding the nutritional profile of different protein foods can help you make informed choices to better meet your daily protein and energy needs.

To Be Prepared		
Source (protein is calculated in cooked weight)	Protein per 100g	Calories per 100g
Chicken Breast	20.9g	164 cal
Chicken Thigh	24g	176 cal
Lean Beef	28g	230 cal
Pork Fillet	26g	147 cal
Oily Fish	22g	220 cal
White Fish	23g	100 cal
Tinned Fish	25g	115 cal
Turkey Breast	29g	150 cal
Tinned Lentils	9g	110 cal
Tinned Beans	8g	130 cal
Tinned Chickpeas	8g	140 cal
Eggs	13g	140 cal
Nuts & Seeds	20g	600 cal
Tofu	12g	140 cal
Tempeh	19g	190 cal
Edamame Beans	12g	120 cal

This table is arguably my favourite, because who doesn't love convenience? This provides an overview of different protein sources, including their average protein and energy content per SERVE. The protein content is brand specific & has been noted.

Understanding the nutritional profile of different protein foods can help you make informed choices to better meet your daily protein and energy needs.

Convenience/on the go foods		
Source	Protein per serve	Calories per serve
Paul's Protein Yoghurt (Vanilla)	16.1g	97 cal
Rokeby Protein Yoghurt (Dutch Chocolate)	15g	147 cal
Yo Pro Protein Yoghurt (Vanilla)	15g	91 cal
La Casa Mozzarella String Cheese Sticks	5g	59 cal
Sun Rice Protein Chips (Sour Cream & Chives)	13g	210 cal
Sun Rice Protein Chips (Honey Soy)	13.5g	209 cal
Sun Rice Protein Chips (Barbeque)	13.9g	208 cal
Dairy Farmers Protein Shake	30g	272 cal
Rokeby Protein Smoothie (Double Chocolate)	30.2g	286 cal
Up & Go Energize (Choc Hit)	35g	401 cal
BSC High Protein Shake (Vanilla)	27.2g	150 cal
Noshu Protein Bar	6g	100 cal
Muscle Nation Protein Bar	12.1g	187 cal
Quest Protein Bar	21g	191 cal
BSC Sparkling Protein Water	28.4g	130 cal
Macro Trail Mix	5.6g	154 cal
Jack Links Original Beef Jerky	17g	131 cal