



PROTEIN SOURCES

Pescatarian

BULK INGREDIENTS

ITEM	PROTEIN PER SERVING IN GRAMMES	CALORIES PER SERVING	GRAMMES PER SERVING
Anchovies	29	210	100
Sardines	25	208	100g canned in oil
Fresh Tuna	24	109	100
Tinned Tuna	22	99	100 canned in water
Salmon	21	127	100
Halibut	19	91	100
Tofu	18	110	100
Black beans	18	264	200
Pinto beans	18	286	200
Red, green and Puy Lentils	18	332	200
John West Tuna Light lunch	17	223	220
Soya beans	17	173	100
Quinoa	14	368	100
Wholewheat pasta	14	352	100
Buckwheat	12	337	100

HIGH PROTEIN SNACKS AND INGREDIENTS (that can be added to breakfast bowls or any other meal)

ITEM	PROTEIN PER SERVING IN GRAMMES	CALORIES PER SERVING	GRAMMES PER SERVING
Form Performance Protein	30	154	40g
Clif bar	29	427	Per bar
Oats	17	389	100g
Cheddar cheese	11	202	50g
Trek bar	10	322	Per bar
Peanut butter	8	188	2 tbsp
Cottage cheese	7.8	63	50g
Egg	6	77	1 hard boiled
Plain natural yoghurt	6	88	100g
Spelt	5.5	127	100g
Hemp seeds	5	55	1 tbsp
Wild rice	4	101	100
Pumpkin seeds	4	56	1 tbsp
Brazil nuts	4	187	Per 6
Hummus	3.7	113	50g/ ¼ pot
Ricotta cheese	3.5	64	50g
Teff	3.9	101	100g
Hummus	3.3	146	50g/ ¼ pot
Tahini	3	89	1 tbsp
Ground linseed	3	37	1 tbsp
Almonds	3	162	Per 6 almonds
Walnuts	3	78	Per 3 whole walnuts
Cashew nuts	3	80	Per 10
Chia seeds	2	58	1 tsp
Flax seed	2	55	1 tbsp
Pistachios	1	34	Per 10

HIGH PROTEIN VEGETABLES

ITEM	PROTEIN PER SERVING IN GRAMMES	CALORIES PER SERVING	GRAMMES PER SERVING
Edamame	12	121	100
Lima beans	6.8	113	100
Green peas	5.4	81	100
Spinach	4	23	100
White potato	4	208	200
Sweetcorn	3.3	86	100
Mushrooms (button)	3.1	22	100
Broccoli	3	30	100
Sprouts	3	30	100
Asparagus	2.2	20	100
Avocado	2	160	100
Artichoke	2	73	100