

# Protein – Where do I get it?

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Food	Portion Size	Approx. Protein Content
Chicken	1 x Breast -150g	25g
Beef Mince	100g	20g
Beef (Rump Steak)	1 x Steak -150g	30g
Pork (Loin Steak)	1 x Steak -100g	20g
Cod	1 x Fillet -125g	20g
Tuna (tinned)	1 x Tin (drained)	25-30g
Salmon	1 Fillet -125g	20g
Eggs	3 x Large Eggs	21g
Greek Yoghurt	100g	9g
Cottage Cheese	100g	12g
Whey Protein	30g	22g
Whole Milk	1 Pint	18g
Beef Jerky or Biltong	50g	25g
Cheese (Mozzarella)	30g	6g

[info@the-fitproject.com](mailto:info@the-fitproject.com)

[www.the-fitproject.co.uk](http://www.the-fitproject.co.uk)

Phone:07500876953