

PROTEIN & CALORIE COMPARISON CHART

Nutritional values per 100g serving

FOOD ITEM	PROTEIN (G)	CALORIES (KCAL)	PROTEIN/CAL RATIO
ANIMAL PROTEIN			
Chicken Breast (Grilled)	31g	165	High
Lean Beef (90/10)	26g	217	Medium
Salmon Fillet	22g	208	Medium
Egg Whites	11g	52	Very High
PLANT-BASED PROTEIN			
Tempeh	19g	193	Medium
Lentils (Boiled)	9g	116	Medium

FOOD ITEM	PROTEIN (G)	CALORIES (KCAL)	PROTEIN/CAL RATIO
Tofu (Extra Firm)	8g	83	High
Greek Yogurt (Non-fat)	10g	59	Very High
SUPPLEMENTS			
Whey Isolate Powder	80g	370	Extreme

Note: Data is based on standard USDA nutritional averages. Values may vary by brand and preparation method. Consult a nutritionist for personalized dietary planning.