

METABOLISM SUPPORT CHART

High Protein Reference Guide

Food Category	Source Item	Protein (per 100g)
Lean Meats	Chicken Breast (Skinless)	31g
Lean Meats	Turkey Breast	29g
Seafood	Yellowfin Tuna	28g
Seafood	Wild Salmon	25g
Dairy	Greek Yogurt (Non-fat)	10g
Dairy	Cottage Cheese (Low-fat)	11g
Plant-Based	Firm Tofu	17g
Plant-Based	Red Lentils (Cooked)	9g
Eggs	Egg Whites	11g
Grains	Quinoa (Cooked)	4g

**Values are approximate and based on standard nutritional databases. Consuming high protein aids the Thermic Effect of Food (TEF).*