

HIGH PROTEIN & LOW GI GUIDE

Reference chart for sustained energy and muscle maintenance

LEAN PROTEINS (GI: 0)

FOOD ITEM	PROTEIN/100G
Chicken Breast	31g
Turkey Fillet	29g
Wild Salmon	25g
Canned Tuna	26g
Grass-fed Beef	26g
Large Egg	6g/ea

PLANT-BASED (LOW GI)

FOOD ITEM	GI
Lentils (Cooked)	32
Chickpeas	28
Black Beans	30
Firm Tofu	15
Tempeh	15
Edamame	18

DAIRY & CULTURED

FOOD ITEM	GI
Greek Yogurt (Plain)	12
Cottage Cheese	10
Skyr	15

FOOD ITEM	GI
Kefir (Unsweetened)	36

NUTS & SEEDS

FOOD ITEM	GI
Pumpkin Seeds	10
Almonds	0
Hemp Hearts	0
Chia Seeds	1
Peanuts	14

Note: GI values are approximate. Low GI is considered 55 or less.