

HIGH QUALITY PROTEIN SOURCES

Optimal nutrition reference for lean muscle and recovery

Animal Proteins

Source	Protein/100g
Chicken Breast	31g
Turkey Breast	29g
Lean Beef	26g
Pork Tenderloin	26g
Egg Whites	11g

Seafood

Source	Protein/100g
Tuna (Canned)	25g
Salmon	22g
Shrimp	24g
Cod / Tilapia	20g
Sardines	24g

Plant-Based

Source	Protein/100g
Seitan	25g
Tofu (Extra Firm)	10g
Tempeh	19g
Lentils (Cooked)	9g
Edamame	11g

Dairy & Supplements

Source	Protein/100g
Whey Isolate	80g
Greek Yogurt (Non-fat)	10g
Cottage Cheese	11g
Pumpkin Seeds	30g
Greek Yogurt	10g

*Values are approximate and based on cooked weights unless specified.