

<u>Protein</u>	<u>Serving size</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Carbohydrate (g)</u>
<b>Fish</b>					
<i>Mackerel</i>	100 g	245	23	6	0.0
<i>Salmon</i>	100 g	164	21	9	0.0
<i>Tuna Steak</i>	100 g	106	24	1	0.0
<i>Tinned tuna</i>	100 g	113	27	0.5	0.0
<i>Herring</i>	100 g	215	18	16	0.0
<i>Cod</i>	100 g	82	18	1	0.0
<i>Haddock</i>	100 g	69	15	1	0.0
<i>Sardines</i>	100 g	223	22	15	0.0
<b>Shellfish</b>					
<i>Crab</i>	100 g	86	17	2	0.0
<i>Crayfish</i>	100 g	81	17	1	1.2
<i>Prawns</i>	100 g	93	21	1	0.0
<i>Lobster</i>	100 g	77	18	1	0.0
<b>Meat</b>					
Buffalo Steak	100 g	106	24	2	0.0
Venison Burger	100 g	147	18	6	1.8
Venison Steak	100 g	149	30	2	0.0
Venison Sausage	100 g	183	15	9	8.0
Lamb Steak	100 g	229	34	10	0.0

Lean beef mince (5%)	100 g	167	20	10	0.0
Steak Burger	100 g	219	17	15	3.3
Fillet Steak	100 g	154	22	7	0.0
Rump Steak	100 g	155	26	6	0.0
Beef Sausages	100 g	225	15	17	5.7
Chicken Fillet	100 g	92	19	1	1.1
Duck fillet	100 g	92	20	1	0.0
Turkey Fillet	100 g	108	19	4	0.0
Pork Fillet	100 g	210	28	4	0.0
Bacon Medallion	100 g	194	32	8	0.0
Egg	1x large	72	6	5	0.4
<b>Plant Protein</b>					
Chia	25 g	125	4	8	8
Hempseed	30 g	174	10	14	2
Chickpeas	1x tablespoon	46	2	1	8
Soy Beans	1x cup	200	16	18	6
Quinoa	100 g	374	13	70	6
Lentils	1x cup	230	18	40	1