

Protein on *a small appetite.*

Forty foods ranked by protein per 100 g and per small serve, grams and ounces. Cooked weights for meat and fish. Typical values; the label wins.

EverStrong

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| #  | FOOD                                                         | PER 100 G (3.5 OZ) | SMALL-APPETITE SERVE                        | PROTEIN IN THAT SERVE |
|----|--------------------------------------------------------------|--------------------|---------------------------------------------|-----------------------|
| 01 | Whey or plant protein powder · Mix with milk for another 8 g | 75 g               | 30 g / 1.1 oz, 1 scoop                      | 23 g                  |
| 02 | Parmesan · Two tablespoons                                   | 35 g               | 20 g / 0.7 oz, grated over anything         | 7 g                   |
| 03 | Beef jerky or biltong · Salty; good with water               | 33 g               | 30 g / 1.1 oz, a small handful              | 10 g                  |
| 04 | Chicken breast, cooked · Slice it cold for snacks            | 31 g               | 100 g / 3.5 oz, a palm-sized piece          | 31 g                  |
| 05 | Pumpkin seeds (pepitas) · Sprinkle on yoghurt                | 30 g               | 30 g / 1.1 oz, a small handful              | 9 g                   |
| 06 | Turkey breast, cooked                                        | 30 g               | 100 g / 3.5 oz, a palm-sized piece          | 30 g                  |
| 07 | Pork loin, lean, cooked                                      | 29 g               | 100 g / 3.5 oz, a small chop                | 29 g                  |
| 08 | Lean steak, cooked · Rump or sirloin, fat trimmed            | 28 g               | 120 g / 4.2 oz, a small steak               | 34 g                  |
| 09 | Lamb, lean, cooked                                           | 27 g               | 100 g / 3.5 oz, two small cutlets           | 27 g                  |
| 10 | Lean beef mince, cooked · Bolognese, tacos, patties          | 26 g               | 120 g / 4.2 oz, a cup, cooked               | 31 g                  |
| 11 | Tuna, canned, drained · In springwater or oil                | 26 g               | 95 g / 3.4 oz, one small can                | 25 g                  |
| 12 | Chicken thigh, skinless, cooked · Softer than breast         | 25 g               | 120 g / 4.2 oz, two small thighs            | 30 g                  |
| 13 | Salmon, cooked                                               | 25 g               | 120 g / 4.2 oz, a small fillet              | 30 g                  |
| 14 | Cheddar                                                      | 25 g               | 30 g / 1.1 oz, a matchbox-sized piece       | 8 g                   |
| 15 | Peanut butter · Energy dense; small serve                    | 25 g               | 30 g / 1.1 oz, two tablespoons              | 8 g                   |
| 16 | Sardines, canned, drained · Soft, easy on a bad day          | 24 g               | 90 g / 3.2 oz, one can                      | 22 g                  |
| 17 | Prawns (shrimp), cooked                                      | 24 g               | 100 g / 3.5 oz, about 8 medium              | 24 g                  |
| 18 | Smoked salmon · Soft, needs no cooking                       | 23 g               | 50 g / 1.8 oz, two slices                   | 12 g                  |
| 19 | White fish, cooked · Barramundi, cod, basa, tilapia          | 22 g               | 120 g / 4.2 oz, a small fillet              | 26 g                  |
| 20 | Halloumi                                                     | 22 g               | 60 g / 2.1 oz, two slices, grilled          | 13 g                  |
| 21 | Canned salmon, drained · Bones in for calcium                | 21 g               | 100 g / 3.5 oz, half a large can            | 21 g                  |
| 22 | Almonds                                                      | 21 g               | 30 g / 1.1 oz, about 20 nuts                | 6 g                   |
| 23 | Mussels, cooked                                              | 20 g               | 100 g / 3.5 oz, about 10                    | 20 g                  |
| 24 | Tempeh                                                       | 19 g               | 100 g / 3.5 oz, half a block                | 19 g                  |
| 25 | Ham, lean, sliced                                            | 18 g               | 50 g / 1.8 oz, two slices                   | 9 g                   |
| 26 | Firm tofu · Press it, then pan fry                           | 16 g               | 150 g / 5.3 oz, half a block                | 24 g                  |
| 27 | Feta                                                         | 14 g               | 40 g / 1.4 oz, crumbled over a salad        | 6 g                   |
| 28 | Eggs · Scrambled soft goes down easiest                      | 13 g               | 100 g / 3.5 oz, two eggs                    | 13 g                  |
| 29 | Oats, dry · Cook in milk for another 8 g                     | 13 g               | 40 g / 1.4 oz, half a cup                   | 5 g                   |
| 30 | Cottage cheese · Sweet or savoury                            | 12 g               | 200 g / 7.1 oz, a small tub                 | 24 g                  |
| 31 | Skyr or high-protein yoghurt                                 | 11 g               | 150 g / 5.3 oz, one pot                     | 17 g                  |
| 32 | Ricotta · Stir into pasta or eggs                            | 11 g               | 100 g / 3.5 oz, half a cup                  | 11 g                  |
| 33 | Egg whites · Add to whole eggs                               | 11 g               | 100 g / 3.5 oz, three whites                | 11 g                  |
| 34 | Edamame, shelled · Frozen is fine                            | 11 g               | 100 g / 3.5 oz, two thirds of a cup         | 11 g                  |
| 35 | Greek yoghurt, plain · Not the sweetened kind                | 10 g               | 200 g / 7.1 oz, a small tub                 | 20 g                  |
| 36 | Wholegrain bread · Carrier, not the protein                  | 9 g                | 40 g / 1.4 oz, one slice                    | 4 g                   |
| 37 | Lentils, cooked · Canned, rinsed, is fine                    | 9 g                | 150 g / 5.3 oz, three quarters of a cup     | 14 g                  |
| 38 | Hummus                                                       | 8 g                | 60 g / 2.1 oz, three tablespoons            | 5 g                   |
| 39 | Chickpeas or beans, canned, drained                          | 7 g                | 120 g / 4.2 oz, half a can                  | 8 g                   |
| 40 | Milk, dairy or soy · Base for shakes and oats                | 3.4 g              | 250 g / 8.8 oz, a glass (250 ml, 8.5 fl oz) | 9 g                   |

The first-bite rule

On a GLP-1 you may only manage a few bites before you are full. If the first bites are toast, fruit or soup, the protein never arrives. So: **protein first, every meal, before anything else.** Eggs before the toast. Chicken before the rice. Yoghurt before the fruit.

Aim for 30 to 40 g (1 to 1.4 oz) of protein at each of three or four small meals. Under 1.2 g per kg of your goal weight (0.55 g per lb) across the week, your body takes the shortfall from your own muscle.

The three Sunday numbers

The scale tells you what you lost. These tell you what you kept. Same time every Sunday, written down.

- 1. **A strength test.** One movement, same way each week: 30-second sit-to-stand, push-ups, or goblet squats. Fat loss does not make you weaker. Dropping three or four weeks in a row is muscle going.
- 2. **Your protein average.** Grams a day across the whole week, not your best day.
- 3. **Upper arm tape.** Same arm, same spot, relaxed, in cm or inches. The waist shrinks whatever you do. If the arm shrinks as fast, that is muscle.

Weight is number four.