



What Does 100g of Protein Look Like?

Vegetarian Plan - Sample 100g Protein Day

Food Item	Quantity	Protein (g)
Paneer	1/2 cup (~100g)	18g
Cooked Lentils	1 cup	18g
Greek Yogurt	1 cup	10g
Milk	1 cup	8g
Peanut Butter	2 tbsp	8g
Tofu	1 cup (150g)	20g
Chickpeas	1 cup	15g
Almonds	10 pieces	4g

Non-Vegetarian Plan - Sample 100g Protein Day

Food Item	Quantity	Protein (g)
Chicken Breast	100g	31g
Eggs	2	12g
Tuna Sandwich	1	22g
Greek Yogurt	1 cup	10g
Milk	1 cup	8g
Almonds	10 pieces	4g
Peanut Butter	2 tbsp	8g
Boiled Egg	1	6g

Fridge-ready! Made with love by Chef-a-Doodle.





What Does 100g of Protein Look Like?

Vegan Plan - Sample 100g Protein Day

Food Item	Quantity	Protein (g)
Tofu	1.5 cups (250g)	34g
Chickpeas	1 cup	15g
Tempeh	1 cup (200g)	30g
Soy Milk	1 cup	7g
Almonds	10 pieces	4g
Pea Protein Shake	1 scoop	20g

We are building a comprehensive protein list across age groups, family needs, and styles. This is a sample version.

Fridge-ready! Made with love by Chef-a-Doodle.

