



Vegetarian mince (100g)

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1.7g protein



Red lentils (50g – dried, cooked)

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4.1g protein



Red kidney beans (120g – canned, drained)

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10.3g protein



100% Peanut butter (15ml spoon)

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4.6g protein



Chickpeas (120g – canned, drained)

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10.1g protein



Tofu (80g – steamed)

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6.5g protein



Butter beans (120g – canned, drained)

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7.1g protein



Green lentils (50g – dried, cooked)

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3.9g protein



Pumpkin seeds (20g)

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4.9g protein



Baked beans (150g – canned)

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7.5g protein



Salmon fillet (140g – grilled)

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34.4g protein



Egg (2 eggs – boiled)

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16.9g protein



Chicken breast (120g – grilled)

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34.7g protein



Canned tuna (120g – drained)

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29.9g protein



Hake fillet (140g – grilled)

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31.1g protein



Lean beef mince (70g – cooked)

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17.3g protein



Yellow split peas (50g – dried, cooked)

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4.2g protein



Cashew nuts (20g)

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3.5g protein