



Supero Fitness

Protein Cheat Sheet

(Use as a quick reference, not a rulebook)

Per 100g



EGGS & DAIRY (or alternatives)

(Use dairy-free swaps where needed)

- Eggs (whole) – 13g
- Egg whites – 11g
- Greek yoghurt (0-2%) – 10g
- Skyr – 11g
- Cottage cheese – 12g
- Soft cheese (low-fat) – 11g
- Halloumi – 21g
- Feta – 14g
- Mozzarella – 22g
- Dairy-free yoghurt (soya) – 4-5g



PLANT-BASED PROTEINS

- Tofu (firm) – 15g
- Tofu (extra firm) – 18g
- Tempeh – 19g
- Edamame beans – 11g
- Lentils (cooked) – 9g
- Chickpeas (cooked) – 8g
- Black beans – 8g
- Kidney beans – 8g
- Quorn pieces – 14g
- Quorn mince – 15g
- Soya mince (rehydrated) – 16g



MEAT & FISH

- Chicken breast (cooked) – 31g
- Turkey breast – 29g
- Lean beef (5%) – 26g
- Salmon – 25g
- Tuna (tinned, drained) – 24g
- White fish (cod, haddock) – 18-20g
- Prawns – 24g



NUTS, SEEDS & EXTRAS

(Good boosters, not main protein sources)

- Peanut butter – 25g
- Almonds – 21g
- Cashews – 18g
- Pumpkin seeds – 19g
- Chia seeds – 17g
- Hemp seeds – 31g
- Tahini – 17g



GRAINS & CARB SOURCES

(Protein adds up here)

- Oats (dry) – 11g
- Quinoa (cooked) – 4g
- Wholemeal bread – 8g
- Brown rice (cooked) – 3g
- Pasta (cooked) – 5g
- Wraps (average) – 8g



PROTEIN BOOSTERS

- Protein powder – 70-80g
- Protein yoghurt – 10-12g
- Protein bar – 20-30g per bar
- Protein milk (soya / dairy) – 5-6g