

Lean protein food reference

Ranked within each group by protein per 100 kcal — the most protein for the fewest calories. Figures per 100 g as eaten, from McCance and Widdowson's Composition of Foods Integrated Dataset (CoFID 2021).

Meat and poultry

Food	Protein per 100 kcal	Protein per 100 g	kcal per 100 g	CoFID code
Pork fillet medallions, grilled, lean	23.9 g	36.3 g	152	18-531
Turkey breast fillet, grilled	22.6 g	35 g	155	18-356
Chicken breast, grilled, no skin	21.6 g	32 g	148	18-323
Beef mince, extra lean, stewed	18 g	24.7 g	137	18-507

Fish and seafood

Food	Protein per 100 kcal	Protein per 100 g	kcal per 100 g	CoFID code
Cod, baked	23.9 g	23.9 g	100	16-373
Haddock, steamed	23.4 g	21.8 g	93	16-377
King prawns, grilled from raw	23 g	23.5 g	102	16-388
Tuna, canned in brine, drained	22.8 g	24.9 g	109	16-416
Mackerel, grilled	7.2 g	20.3 g	283	16-394

Eggs and dairy

Food	Protein per 100 kcal	Protein per 100 g	kcal per 100 g	CoFID code
Egg white, boiled	25 g	13 g	52	12-941
Fromage frais, virtually fat free, natural	15.7 g	7.7 g	49	12-528
Skimmed milk	10.3 g	3.5 g	34	12-307
Yogurt, virtually fat free, plain	10 g	5.4 g	54	12-533
Eggs, whole, boiled	9.9 g	14.1 g	143	12-940
Greek-style yogurt, plain	4.3 g	5.7 g	133	12-555

Plant foods

Food	Protein per 100 kcal	Protein per 100 g	kcal per 100 g	CoFID code
Quorn pieces	19.2 g	14 g	73	13-574
Tempeh	12.5 g	20.7 g	166	13-118
Tofu, steamed	11.1 g	8.1 g	73	13-570
Red kidney beans, boiled	8.6 g	8.6 g	100	13-659
Red lentils, boiled	7.9 g	8.1 g	102	13-658

Your daily and per-meal protein

The Hub's protein target is 1.6–2.2 g per kg of bodyweight a day, spread across your meals. Your total for the day is the part that matters most; how you split it is a useful second step rather than the main lever.

Bodyweight	Per day	Per meal (3 meals)	Per meal (4 meals)
50 kg	80–110 g	27–37 g	20–28 g
60 kg	96–132 g	32–44 g	24–33 g
70 kg	112–154 g	37–51 g	28–39 g
80 kg	128–176 g	43–59 g	32–44 g
90 kg	144–198 g	48–66 g	36–50 g
100 kg	160–220 g	53–73 g	40–55 g
110 kg	176–242 g	59–81 g	44–61 g

My day

Meal	Protein foods	Protein (g)
Breakfast		
Lunch		
Dinner		
Snack / other		
Total		

You do not need specialist products to hit a solid protein target.

Your own target: bodywise.io/hub/protein-calculator · Full guide: bodywise.io/hub/how-much-protein-to-build-muscle