

A close-up photograph of a bowl of food, likely a salad or a bowl of chicken and beans. The bowl contains pieces of cooked chicken, dark beans, shredded yellow cheese, and green leafy vegetables. The bowl is set on a grey surface, and other bowls of similar food are visible in the background. The text is overlaid on the image.

*High Protein  
Foods for*

**WEIGHT  
LOSS**

**BEN GOODBRAND**

A high protein diet is a great way to help you lose weight.

Firstly, protein is highly satiating, meaning you'll feel fuller for longer than if your diet consisted of less protein and more carbs.

Secondly, your body works harder when digesting protein ie. you burn more calories between meals.

Most importantly though, protein helps build and maintain muscle, and more muscle means a faster metabolism.

Here are my favourite high protein foods that you should add to your diet.

*Coach Ben*





# RED MEAT

	PROTEIN	CALORIES
Fillet Steak 100g	22g	146
Rump Steak 100g	19g	195
Lamb Loin Chop 100g	17g	198
Kangaroo Steak 100g	21g	100
Beef Mince 95% 100g	20g	131



# POULTRY

	PROTEIN	CALORIES
Chicken Breast 100g	22g	105
Chicken Thigh 100g	18g	119
Chicken Wing 100g	16g	219
Turkey Breast 100g	24g	102
Chicken Sausage 100g	13g	155



# SEAFOOD

	PROTEIN	CALORIES
Salmon Fillet 100g	22g	206
Barramundi Fillet 100g	19g	92
Prawn Meat 100g	13g	59
Scallops 100g	14g	69
Crab Meat 100g	20g	80
Canned Tuna 100g	26g	113



# EGGS

	PROTEIN	CALORIES
Whole Egg 2 eggs / 100g approx.	12g	142
Egg Whites 100g	11g	47



# DAIRY

	PROTEIN	CALORIES
Full Cream Milk 100mL	3g	63
Skim Milk 100mL	4g	36
LF Greek Yoghurt 100g	6g	79
Flavoured Yoghurt 100g	6g	149
Cheddar Cheese 100g	25g	415
Cottage Cheese 100g	12g	107



# SUPPLEMENTS

	PROTEIN	CALORIES
Whey Protein Isolate 30g	25g	111
Whey Protein Concentrate 30g	22g	120
Vegan Protein Powder 30g	23g	113
Whey Protein Bar 60g	33g	314
Vegan Protein Bar 60g	26g	530





# OTHER SOURCES

	PROTEIN	CALORIES
Edamame Beans 100g	13g	128
Quinoa 100g	14g	385
Chickpeas 100g	6g	123
Lentils 100g	7g	99
Chia Seeds 100g	14g	425
Shortcut Bacon 100g	16g	145