

Protein Food Chart (Veg, Vegan & Non-Veg)

Food Item	Category	Protein (g)	Calories (kcal)	Fats (g)	Carbs (g)
Boiled Egg	Non-Veg	13.0	155	11.0	1.1
Paneer (Cottage Cheese)	Vegetarian	18.0	265	20.8	1.2
Tofu	Vegan	10.0	144	8.0	2.0
Moong Dal (Yellow Split Gram)	Vegan	24.0	105	1.0	59.0
Rajma (Kidney Beans)	Vegan	21.0	127	0.8	22.0
Chickpeas	Vegan	19.0	164	2.6	27.0
Chicken Breast (Cooked)	Non-Veg	31.0	165	3.6	0.0
Fish (Rohu/Salmon)	Non-Veg	25.0	206	12.0	0.0
Milk (Cow, Whole)	Vegetarian	3.2	61	3.3	4.6
Almonds	Vegan	21.0	579	50.0	22.0
Peanuts	Vegan	26.0	567	49.0	16.0
Chia Seeds	Vegan	17.0	486	31.0	42.0
Quinoa (Cooked)	Vegan	4.4	120	1.9	21.0
Oats	Vegan	13.0	389	7.0	66.0
Broccoli	Vegan	2.8	35	0.4	7.0
Spinach	Vegan	2.9	23	0.4	3.6
Mushrooms	Vegan	3.1	22	0.3	3.3
Soya Chunks (Boiled)	Vegan	26.0	345	0.5	30.0
Mutton (Goat Meat)	Non-Veg	25.6	294	20.8	0.0
Egg White	Non-Veg	11.0	52	0.2	0.7
Prawns (Cooked)	Non-Veg	24.0	99	0.9	0.2
Tuna (Canned in Water)	Non-Veg	23.6	116	1.0	0.0
Chicken Liver	Non-Veg	26.0	165	6.4	1.0
Greek Yogurt (Plain)	Vegetarian	10.0	59	0.4	3.6

****Disclaimer:**** Nutritional values are approximate. Actual values may vary based on brand, preparation, and region.

Protein Food Chart (Veg, Vegan & Non-Veg)

Buttermilk	Vegetarian	3.3	40	0.8	4.8
Cheddar Cheese	Vegetarian	25.0	403	33.0	1.3
Whey Protein (Isolate)	Vegetarian	90.0	370	1.0	2.0
Amaranth (Rajgira)	Vegan	14.5	371	7.0	65.0
Hemp Seeds	Vegan	31.6	553	49.0	8.7
Pumpkin Seeds	Vegan	30.0	559	49.0	14.0
Edamame (Cooked)	Vegan	11.0	122	5.0	8.0
Sweet Corn	Vegan	3.2	96	1.5	19.0
Barley (Jau)	Vegan	3.5	354	2.3	73.0
Seitan	Vegan	21.0	370	1.9	13.0
Roasted Chana	Vegan	20.6	397	6.7	58.6
Sattu (Bengal Gram Flour)	Vegan	22.0	413	5.3	60.0
Poha (Flattened Rice)	Vegan	6.0	130	1.0	24.0

****Disclaimer:**** Nutritional values are approximate. Actual values may vary based on brand, preparation, and region.