

Food	Qty	Protein	Carbs	Fat	Fibre	Best Used As..
Chicken Breast	100 g	31 g	0 g	3.6 g	0 g	Primary Protein
Fish (Rohu, Surmai, Tilapia)	100 g	20-24 g	0 g	2-5 g	0 g	Primary Protein
Fatty Fish (Salmon, Bangda, Sardines)	100 g	20-25 g	0 g	10-15 g	0 g	Protein + Omega-3
Mutton	100 g	24-26 g	0 g	15-20 g*	0 g	Primary Protein
Eggs	2 Eggs	12 g	1 g	10 g	0 g	Primary Protein
Whey Protein	1 Scoop	24 g	2 g	1 g	0 g	Convenient Protein
Greek Yogurt	200 g	20 g	8 g	4 g	0 g	Primary Protein
Hung Curd	100 g	10-12 g	4 g	3-5 g	0 g	Primary Protein
Paneer (Low Fat)	100 g	18-20 g	3 g	12 g	0 g	Primary Protein
Chhena	100 g	17-18 g	3 g	20 g	0 g	Primary Protein
Soya Chunks (Dry)	50 g	25 g	16 g	0.5 g	7 g	Vegetarian Option
Tofu	100 g	16 g	3 g	9 g	2 g	Vegan Protein
Milk	250 ml	8 g	12 g	8 g	0 g	Supporting Protein
Curd	200 g	7-8 g	9 g	6 g	0 g	Supporting Protein
Buttermilk	250 ml	3-4 g	5 g	1-2 g	0 g	Hydration + Some Protein
Moongdal (Cooked)	1 Cup	14 g	40 g	1 g	15 g	Protein + Carbs
Chana (Cooked)	1 Cup	15 g	45 g	4 g	13 g	Protein + Carbs
Rajma (Cooked)	1 Cup	15 g	40 g	1 g	13 g	Protein + Carbs
Sprouts	1 Cup	12 g	18 g	1 g	5 g	Balanced Snack
Oats	50 g	7 g	33 g	3 g	5 g	Breakfast Base
Peanuts	30 g	8 g	5 g	14 g	3 g	Healthy Fat + Some Protein
Almonds	30 g	6 g	6 g	15 g	4 g	Healthy Fat + Some Protein

Nutrition values are approximate and may vary depending on the brand, recipe, cut of meat and cooking method.
Use this guide to compare foods, not to calculate exact intake.