

How much protein?

You should aim for at least 70g of complete protein a day:

COMPLETE PROTEIN	Per 100g
Hemp seeds (Shelled)	35.1g
Pork loin	30g
Steak	29g
Burger	25g
Chicken	27g
Cheese	22g
Salmon	22g
Eggs	12.6g
Buckwheat (roasted)	12.5g
Chia Seeds	12.5g
Tofu	8.1g
Quinoa (boiled)	7g
Buckwheat (boiled)	6g
Yogurt (plain)	5.6g
Amaranth (boiled)	3.8g
Avocado	1.9g
INCOMPLETE PROTEIN	Per 100g
Seeds (mixed)	22.7
Nuts (mixed)	16.9g
Beans (cooked)	9g
Peas (cooked)	5.5g