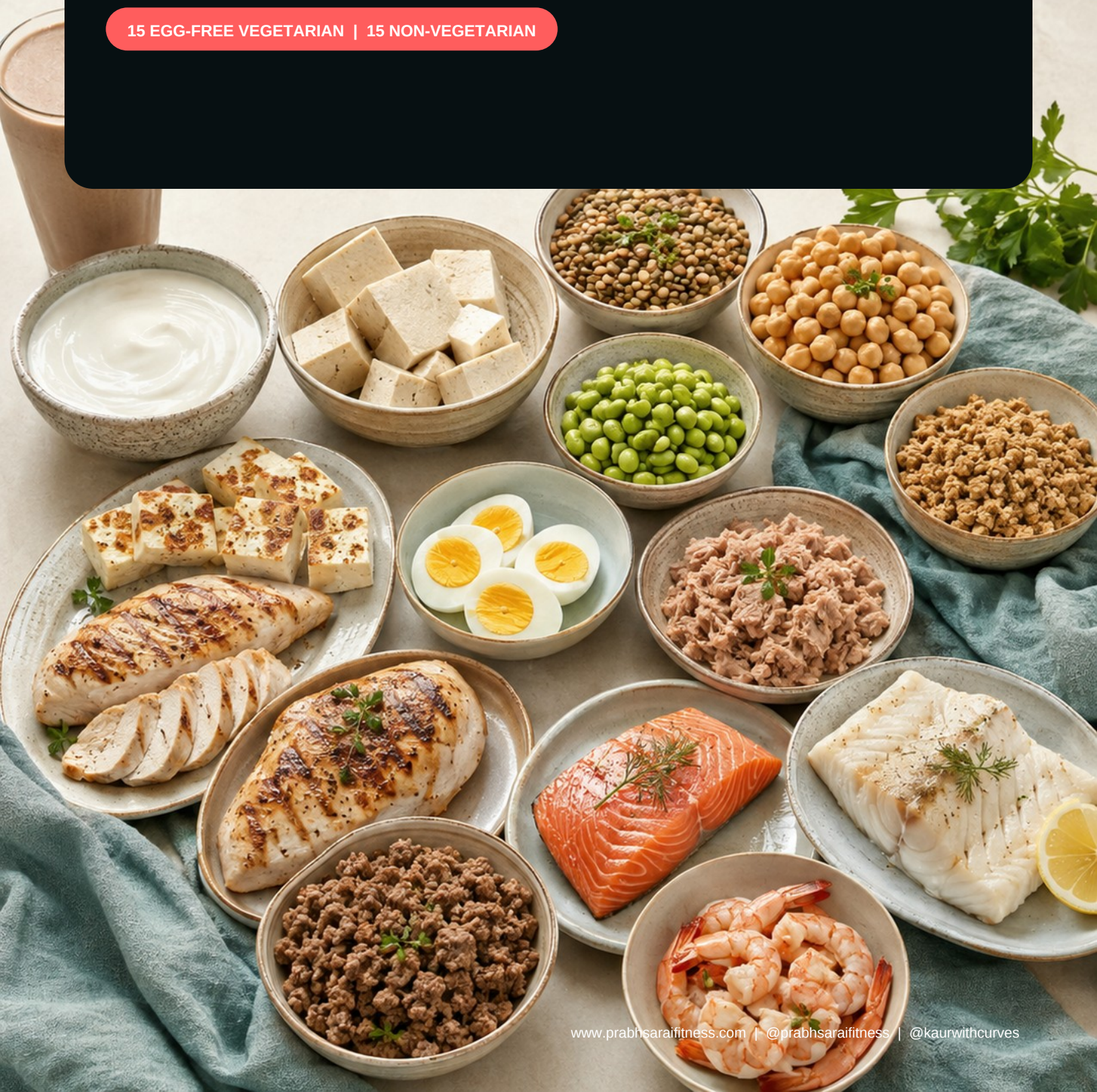


THE NATURAL PROTEIN GUIDE

15 EGG-FREE VEGETARIAN | 15 NON-VEGETARIAN



WELCOME

This guide gives you 30 realistic protein sources: 15 egg-free vegetarian and 15 non-vegetarian. Every calorie and protein value is copied directly from one named USDA FoodData Central record and shown on the same per-100-g basis. No serving conversion or manual nutrition calculation is used.

START WITH FIVE

Choose five foods you already enjoy and can keep stocked. A useful list is one you will actually use.

USE ONE BASIS

Every comparison is per 100 g of edible food prepared exactly as the USDA description states.

BUILD A MEAL

Pair one protein source with vegetables and a measured carbohydrate or fat that fits your day.

CHECK YOUR LABEL

Brands, cuts, cooking methods and draining can change both calories and protein.

BEFORE YOU START

VERIFIED NUTRITION SOURCE

Calories and protein are direct per-100-g values from USDA FoodData Central. Every food page includes its FDC ID, dataset and exact USDA description.

LOWER-CALORIE, NOT NO-CALORIE

Every meaningful protein source contains calories. Lower-calorie describes protein efficiency compared with alternatives; it does not mean unlimited portions.

PREPARATION MATTERS

Raw, cooked, drained, species, cut and fat level are part of the database record. Added oil, sauces and other ingredients are not included unless the USDA description says so.

MEDICAL BOUNDARY

This is general education, not a diet plan or medical advice. Speak with a physician or registered dietitian when health conditions, pregnancy, medication or disordered eating history affect food choices.

ONE DATABASE. ONE 100-G BASIS. EVERY RECORD IDENTIFIED.

USDA SOURCE INDEX 01-15

Direct USDA FoodData Central values per 100 g edible portion. FDC IDs below can be checked at fdc.nal.usda.gov.

01 NONFAT GREEK YOGURT

FDC 330137 | 61 kcal | 10.3 g protein

Yogurt, Greek, plain, nonfat

02 LOW-FAT COTTAGE CHEESE, 2%

FDC 328841 | 84 kcal | 11 g protein

Cheese, cottage, lowfat, 2% milkfat

03 PANEER

FDC 2705740 | 299 kcal | 15.9 g protein

Cheese, paneer

04 NONFAT MILK

FDC 746776 | 34 kcal | 3.43 g protein

Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

05 FIRM TOFU

FDC 172475 | 144 kcal | 17.3 g protein

Tofu, raw, firm, prepared with calcium sulfate

06 COOKED TEMPEH

FDC 172467 | 195 kcal | 19.9 g protein

Tempeh, cooked

07 PREPARED EDAMAME

FDC 168411 | 121 kcal | 11.9 g protein

Edamame, frozen, prepared

08 COOKED SOYBEANS

FDC 174271 | 172 kcal | 18.2 g protein

Soybeans, mature cooked, boiled, without salt

09 COOKED LENTILS

FDC 172421 | 116 kcal | 9.02 g protein

Lentils, mature seeds, cooked, boiled, without salt

10 COOKED MUNG BEANS

FDC 174257 | 105 kcal | 7.02 g protein

Mung beans, mature seeds, cooked, boiled, without salt

11 COOKED MUNGO BEANS

FDC 172427 | 105 kcal | 7.54 g protein

Mungo beans, mature seeds, cooked, boiled, without salt

12 COOKED CHICKPEAS

FDC 173757 | 164 kcal | 8.86 g protein

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

13 COOKED RED KIDNEY BEANS

FDC 175194 | 127 kcal | 8.67 g protein

Beans, kidney, red, mature seeds, cooked, boiled, without salt

14 COOKED BLACK BEANS

FDC 173735 | 132 kcal | 8.86 g protein

Beans, black, mature seeds, cooked, boiled, without salt

15 COOKED GREEN PEAS

FDC 170420 | 84 kcal | 5.36 g protein

Peas, green, cooked, boiled, drained, without salt

USDA SOURCE INDEX 16-30

Direct USDA FoodData Central values per 100 g edible portion. FDC IDs below can be checked at fdc.nal.usda.gov.

16 ROASTED CHICKEN BREAST

FDC 171477 | 165 kcal | 31 g protein

Chicken, broilers or fryers, breast, meat only, cooked, roasted

17 ROASTED CHICKEN THIGH

FDC 172388 | 179 kcal | 24.8 g protein

Chicken, broilers or fryers, thigh, meat only, cooked, roasted

18 ROASTED TURKEY BREAST

FDC 174516 | 136 kcal | 29.5 g protein

Turkey, retail parts, breast, meat only, cooked, roasted

19 HARD-BOILED WHOLE EGG

FDC 173424 | 155 kcal | 12.6 g protein

Egg, whole, cooked, hard-boiled

20 COOKED EGG WHITE

FDC 2707170 | 52 kcal | 10.7 g protein

Egg, white, cooked, no added fat

21 COOKED YELLOWFIN TUNA

FDC 172006 | 130 kcal | 29.2 g protein

Fish, tuna, yellowfin, fresh, cooked, dry heat

22 COOKED ATLANTIC SALMON

FDC 175168 | 206 kcal | 22.1 g protein

Fish, salmon, Atlantic, farmed, cooked, dry heat

23 COOKED TILAPIA

FDC 175177 | 128 kcal | 26.2 g protein

Fish, tilapia, cooked, dry heat

24 COOKED ATLANTIC COD

FDC 171956 | 105 kcal | 22.8 g protein

Fish, cod, Atlantic, cooked, dry heat

25 COOKED SHRIMP

FDC 175180 | 99 kcal | 24 g protein

Crustaceans, shrimp, cooked

26 CANNED ATLANTIC SARDINES

FDC 175139 | 208 kcal | 24.6 g protein

Fish, sardine, Atlantic, canned in oil, drained solids with bone

27 GRILLED LEAN TOP ROUND BEEF

FDC 168649 | 162 kcal | 30.1 g protein

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

28 ROASTED GOAT

FDC 175304 | 143 kcal | 27.1 g protein

Game meat, goat, cooked, roasted

29 COOKED ATLANTIC MACKEREL

FDC 175120 | 262 kcal | 23.8 g protein

Fish, mackerel, Atlantic, cooked, dry heat

30 COOKED HADDOCK

FDC 174198 | 90 kcal | 20 g protein

Fish, haddock, cooked, dry heat

FOOD INDEX 01-15

01	Nonfat Greek Yogurt	61 kcal	10.3 g
02	Low-Fat Cottage Cheese, 2%	84 kcal	11.0 g
03	Paneer	299 kcal	15.9 g
04	Nonfat Milk	34 kcal	3.43 g
05	Firm Tofu	144 kcal	17.3 g
06	Cooked Tempeh	195 kcal	19.9 g
07	Prepared Edamame	121 kcal	11.9 g
08	Cooked Soybeans	172 kcal	18.2 g
09	Cooked Lentils	116 kcal	9.02 g
10	Cooked Mung Beans	105 kcal	7.02 g
11	Cooked Mungo Beans	105 kcal	7.54 g
12	Cooked Chickpeas	164 kcal	8.86 g
13	Cooked Red Kidney Beans	127 kcal	8.67 g
14	Cooked Black Beans	132 kcal	8.86 g
15	Cooked Green Peas	84 kcal	5.36 g

FOOD INDEX 16-30

16	Roasted Chicken Breast	165 kcal	31.0 g
17	Roasted Chicken Thigh	179 kcal	24.8 g
18	Roasted Turkey Breast	136 kcal	29.5 g
19	Hard-Boiled Whole Egg	155 kcal	12.6 g
20	Cooked Egg White	52 kcal	10.7 g
21	Cooked Yellowfin Tuna	130 kcal	29.2 g
22	Cooked Atlantic Salmon	206 kcal	22.1 g
23	Cooked Tilapia	128 kcal	26.2 g
24	Cooked Atlantic Cod	105 kcal	22.8 g
25	Cooked Shrimp	99 kcal	24.0 g
26	Canned Atlantic Sardines	208 kcal	24.6 g
27	Grilled Lean Top Round Beef	162 kcal	30.1 g
28	Roasted Goat	143 kcal	27.1 g
29	Cooked Atlantic Mackerel	262 kcal	23.8 g
30	Cooked Haddock	90 kcal	20.0 g



EGG-FREE VEGETARIAN

Foods 01-15 | No meat, poultry, fish, seafood or eggs

1

Nonfat Greek Yogurt

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

61

USDA PROTEIN

10.3 g

QUICK USE

Use as plain yogurt, raita or a simple savoury dip base.



PLAIN SOURCE

USDA FDC 330137 | FOUNDATION FOODS 2026

USDA description: Yogurt, Greek, plain, nonfat

ALLERGENS: Milk

2

Low-Fat Cottage Cheese, 2%

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

84

USDA PROTEIN

11 g

QUICK USE

Eat plain, blend as a dip base or add to a measured snack plate.



USDA FDC 328841 | FOUNDATION FOODS 2026

USDA description: Cheese, cottage, lowfat, 2% milkfat

ALLERGENS: Milk

3

Paneer

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

299

USDA PROTEIN

15.9 g

QUICK USE

Add measured cubes to sabzi or grill without extra oil.



PLAIN SOURCE

USDA FDC 2705740 | FNDDS 2021-2023

USDA description: Cheese, paneer

ALLERGENS: Milk

4

Nonfat Milk

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

34

USDA PROTEIN

3.43 g

QUICK USE

Drink plain or use as the liquid in porridge or a smoothie.



USDA FDC 746776 | FOUNDATION FOODS 2026

USDA description: Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

ALLERGENS: Milk

5

Firm Tofu

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

144

USDA PROTEIN

17.3 g

QUICK USE

Crumble, grill or add plain cubes to a vegetable dish.



PLAIN SOURCE

USDA FDC 172475 | SR LEGACY 2018

USDA description: Tofu, raw, firm, prepared with calcium sulfate

ALLERGENS: Soy

6

Cooked Tempeh

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

195

USDA PROTEIN

19.9 g

QUICK USE

Slice and serve cooked with measured seasoning and oil.



USDA FDC 172467 | SR LEGACY 2018

USDA description: Tempeh, cooked

ALLERGENS: Soy

7

Prepared Edamame

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

121

USDA PROTEIN

11.9 g

QUICK USE

Eat plain or add to a salad or grain bowl.



PLAIN SOURCE

USDA FDC 168411 | SR LEGACY 2018

USDA description: Edamame, frozen, prepared

ALLERGENS: Soy

8

Cooked Soybeans

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

172

USDA PROTEIN

18.2 g

QUICK USE

Add plain cooked soybeans to salads, soups or a measured bowl.



PLAIN SOURCE

USDA FDC 174271 | SR LEGACY 2018

USDA description: Soybeans, mature cooked, boiled, without salt

ALLERGENS: Soy

9

Cooked Lentils

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

116

USDA PROTEIN

9.02 g

QUICK USE

Use as plain cooked lentils or a thin dal with limited oil.



USDA FDC 172421 | SR LEGACY 2018

USDA description: Lentils, mature seeds, cooked, boiled, without salt

ALLERGENS: None typical

10

Cooked Mung Beans

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

105

USDA PROTEIN

7.02 g

QUICK USE

Use in plain dal, soup or a measured bowl.



PLAIN SOURCE

USDA FDC 174257 | SR LEGACY 2018

USDA description: Mung beans, mature seeds, cooked, boiled, without salt

ALLERGENS: None typical

11

Cooked Mungo Beans

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

105

USDA PROTEIN

7.54 g

QUICK USE

Use in plain dal or a measured mixed-legume bowl.



PLAIN SOURCE

USDA FDC 172427 | SR LEGACY 2018

USDA description: Mungo beans, mature seeds, cooked, boiled, without salt

ALLERGENS: None typical

12

Cooked Chickpeas

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

164

USDA PROTEIN

8.86 g

QUICK USE

Use plain in chaat, salads, soups or a measured curry portion.



PLAIN SOURCE

USDA FDC 173757 | SR LEGACY 2018

USDA description: Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

ALLERGENS: None typical

13

Cooked Red Kidney Beans

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

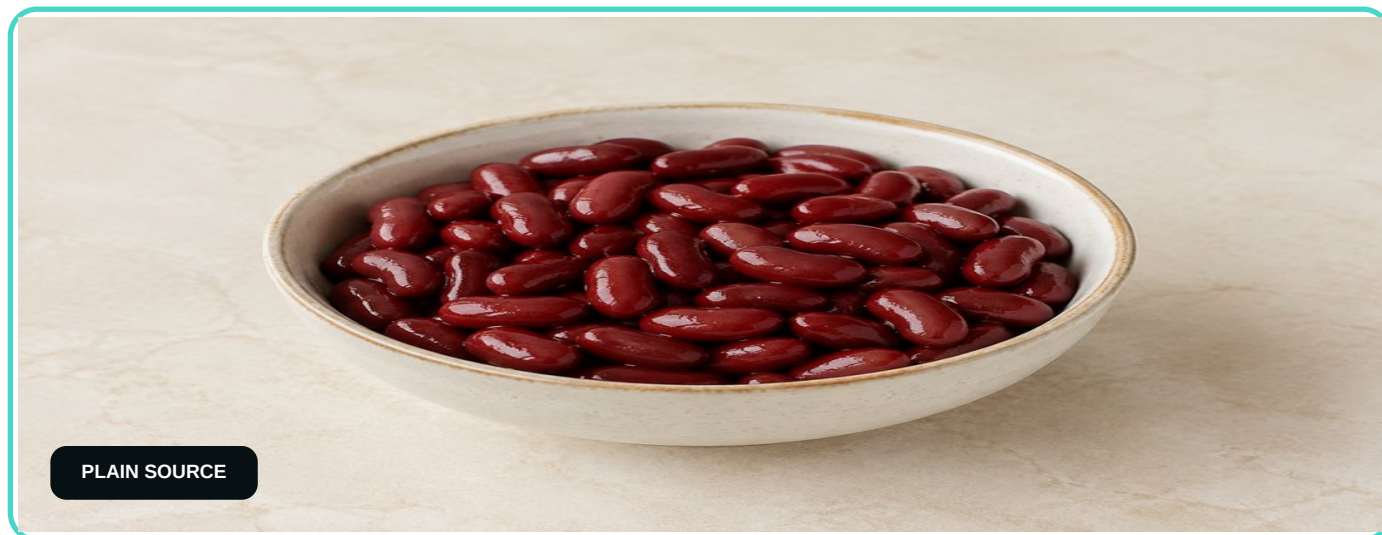
127

USDA PROTEIN

8.67 g

QUICK USE

Use plain in salads or a measured rajma bowl with limited oil.



USDA FDC 175194 | SR LEGACY 2018

USDA description: Beans, kidney, red, mature seeds, cooked, boiled, without salt

ALLERGENS: None typical

14

Cooked Black Beans

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

132

USDA PROTEIN

8.86 g

QUICK USE

Use plain in salad, soup or a measured curry portion.



PLAIN SOURCE

USDA FDC 173735 | SR LEGACY 2018

USDA description: Beans, black, mature seeds, cooked, boiled, without salt

ALLERGENS: None typical

15

Cooked Green Peas

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

84

USDA PROTEIN

5.36 g

QUICK USE

Use as a side, in soup or mixed through a measured meal.



PLAIN SOURCE

USDA FDC 170420 | SR LEGACY 2018

USDA description: Peas, green, cooked, boiled, drained, without salt

ALLERGENS: None typical



NON-VEGETARIAN

Foods 16-30 | Poultry, eggs, fish, seafood and lean meat

16

Roasted Chicken Breast

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

165

USDA PROTEIN

31 g

QUICK USE

Serve roasted or use in a simple meal without counting added sauces or oil.



USDA FDC 171477 | SR LEGACY 2018

USDA description: Chicken, broilers or fryers, breast, meat only, cooked, roasted

ALLERGENS: None typical

17

Roasted Chicken Thigh

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

179

USDA PROTEIN

24.8 g

QUICK USE

Serve roasted or use in a measured curry portion.



USDA FDC 172388 | SR LEGACY 2018

USDA description: Chicken, broilers or fryers, thigh, meat only, cooked, roasted

ALLERGENS: None typical

18

Roasted Turkey Breast

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

136

USDA PROTEIN

29.5 g

QUICK USE

Roast, then slice for meals during the week.



PLAIN SOURCE

USDA FDC 174516 | SR LEGACY 2018

USDA description: Turkey, retail parts, breast, meat only, cooked, roasted

ALLERGENS: None typical

19

Hard-Boiled Whole Egg

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

155

USDA PROTEIN

12.6 g

QUICK USE

Eat hard-boiled or add to a measured meal.



USDA FDC 173424 | SR LEGACY 2018

USDA description: Egg, whole, cooked, hard-boiled

ALLERGENS: Egg

20

Cooked Egg White

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

52

USDA PROTEIN

10.7 g

QUICK USE

Cook without added fat or combine with whole egg.



PLAIN SOURCE

USDA FDC 2707170 | FNDDS 2021-2023

USDA description: Egg, white, cooked, no added fat

ALLERGENS: Egg

21

Cooked Yellowfin Tuna

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

130

USDA PROTEIN

29.2 g

QUICK USE

Cook with dry heat and serve as a simple protein portion.



PLAIN SOURCE

USDA FDC 172006 | SR LEGACY 2018

USDA description: Fish, tuna, yellowfin, fresh, cooked, dry heat

ALLERGENS: Fish

22

Cooked Atlantic Salmon

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

206

USDA PROTEIN

22.1 g

QUICK USE

Cook with dry heat and serve a measured portion.



PLAIN SOURCE

USDA FDC 175168 | SR LEGACY 2018

USDA description: Fish, salmon, Atlantic, farmed, cooked, dry heat

ALLERGENS: Fish

23

Cooked Tilapia

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

128

USDA PROTEIN

26.2 g

QUICK USE

Cook with dry heat until opaque and flaky.



PLAIN SOURCE

USDA FDC 175177 | SR LEGACY 2018

USDA description: Fish, tilapia, cooked, dry heat

ALLERGENS: Fish

24

Cooked Atlantic Cod

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

105

USDA PROTEIN

22.8 g

QUICK USE

Cook with dry heat or use in a dish while counting added ingredients separately.



PLAIN SOURCE

USDA FDC 171956 | SR LEGACY 2018

USDA description: Fish, cod, Atlantic, cooked, dry heat

ALLERGENS: Fish

25

Cooked Shrimp

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

99

USDA PROTEIN

24 g

QUICK USE

Serve cooked and count added sauces or oil separately.



PLAIN SOURCE

USDA FDC 175180 | SR LEGACY 2018

USDA description: Crustaceans, shrimp, cooked

ALLERGENS: Shellfish

26

Canned Atlantic Sardines

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

208

USDA PROTEIN

24.6 g

QUICK USE

Drain and serve as a measured portion.



PLAIN SOURCE

USDA FDC 175139 | SR LEGACY 2018

USDA description: Fish, sardine, Atlantic, canned in oil, drained solids with bone

ALLERGENS: Fish

27

Grilled Lean Top Round Beef

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

162

USDA PROTEIN

30.1 g

QUICK USE

Grill the specified lean cut and count added fat separately.



PLAIN SOURCE

USDA FDC 168649 | SR LEGACY 2018

USDA description: Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

ALLERGENS: None typical

28

Roasted Goat

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

143

USDA PROTEIN

27.1 g

QUICK USE

Roast or use in a dish while counting added ingredients separately.



PLAIN SOURCE

USDA FDC 175304 | SR LEGACY 2018

USDA description: Game meat, goat, cooked, roasted

ALLERGENS: None typical

29

Cooked Atlantic Mackerel

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

262

USDA PROTEIN

23.8 g

QUICK USE

Cook with dry heat and serve a measured portion.



PLAIN SOURCE

USDA FDC 175120 | SR LEGACY 2018

USDA description: Fish, mackerel, Atlantic, cooked, dry heat

ALLERGENS: Fish

30

Cooked Haddock

VERIFIED BASIS: 100 g edible portion

USDA CALORIES

90

USDA PROTEIN

20 g

QUICK USE

Cook with dry heat and count breading, sauces or oil separately.



PLAIN SOURCE

USDA FDC 174198 | SR LEGACY 2018

USDA description: Fish, haddock, cooked, dry heat

ALLERGENS: Fish

FOOD IS ONE PART. YOUR PLAN CONNECTS IT ALL.

Use this food-source guide to make clearer choices. Personalized coaching connects the right foods with your portions, preferences, training, check-ins and progress.

- Customized nutrition guidance
- Assigned home or gym workouts
- Progress tracking and check-ins
- Follow-up through calls and messages

READY FOR A PLAN BUILT FOR YOU?

Scan WhatsApp for a one-on-one consultation, or visit our website to learn how Prabh Sarai Fitness coaching works.



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