

Lean protein sources **Guidebook**



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The magic of protein

Welcome to The Lean Protein Sources Guidebook!

Protein is often referred to as 'the building blocks of life'...and for good reason.

It's at the heart of everything your body does, from repairing muscles and supporting recovery, to keeping you feeling fuller for longer. Whether your goal is fat loss, muscle gain, or simply maintaining a healthier lifestyle, protein plays a starring role in helping you get there.

But it's not just about eating more protein - it's about making smarter, leaner choices that make you feel great day in, day out. That's where this Guidebook comes in. By focusing on '**lean**' protein sources, you'll not only maximise it's benefits, but also feel great that you're consuming nutritiously and enjoy flexibility in how you hit your targets! Think of the information in this Guidebook as your secret nutrition weapon.

I've split the book up into dietary preference, but feel free to experiment! If you're a 'meat eater', then try layering in some vegan or vegetarian options to your diet. It'll be a far richer diet as a result and diversify your whole food sources (as you'll see). I've also included a handy 'All Time Top 20' list, saving you time by combining all the tables into the very best options. I hope you enjoy!

Make protein work it's magic for you,



'Lean' vs 'unlean'

Ok, 'unlean' isn't a word, but you get the idea(!)

This Guidebook is all about 'lean' choices, but what does that really mean? It's time for a beaut summary table!

Lean proteins...

Protein sources that are relatively lower in fat and calories.



Aid muscle growth and repair

Lean protein will build and maintain muscle mass more efficiently.



Help regulate weight

Lean proteins help you feel fuller for longer without the extra calories.



Spike your metabolism

Lean proteins have a higher 'thermic effect' (your body burns more calories digesting them).



Support overall health

Choosing lean proteins reduces your intake of saturated fats, which can help lower cholesterol levels and reduce the risk of heart disease. They're often rich in micronutrients and antioxidants, boosting recovery, supporting immune health and improving bone strength.

Unlean proteins...

Protein sources that are relatively higher in fats and calories vs lean options.



Drive calories up

Non-lean proteins can be higher in calories due to their fat content.



Have higher health risks

Diets high in non-lean proteins (esp processed meats), have been linked to various health issues, including an increased risk of certain cancers and chronic diseases.



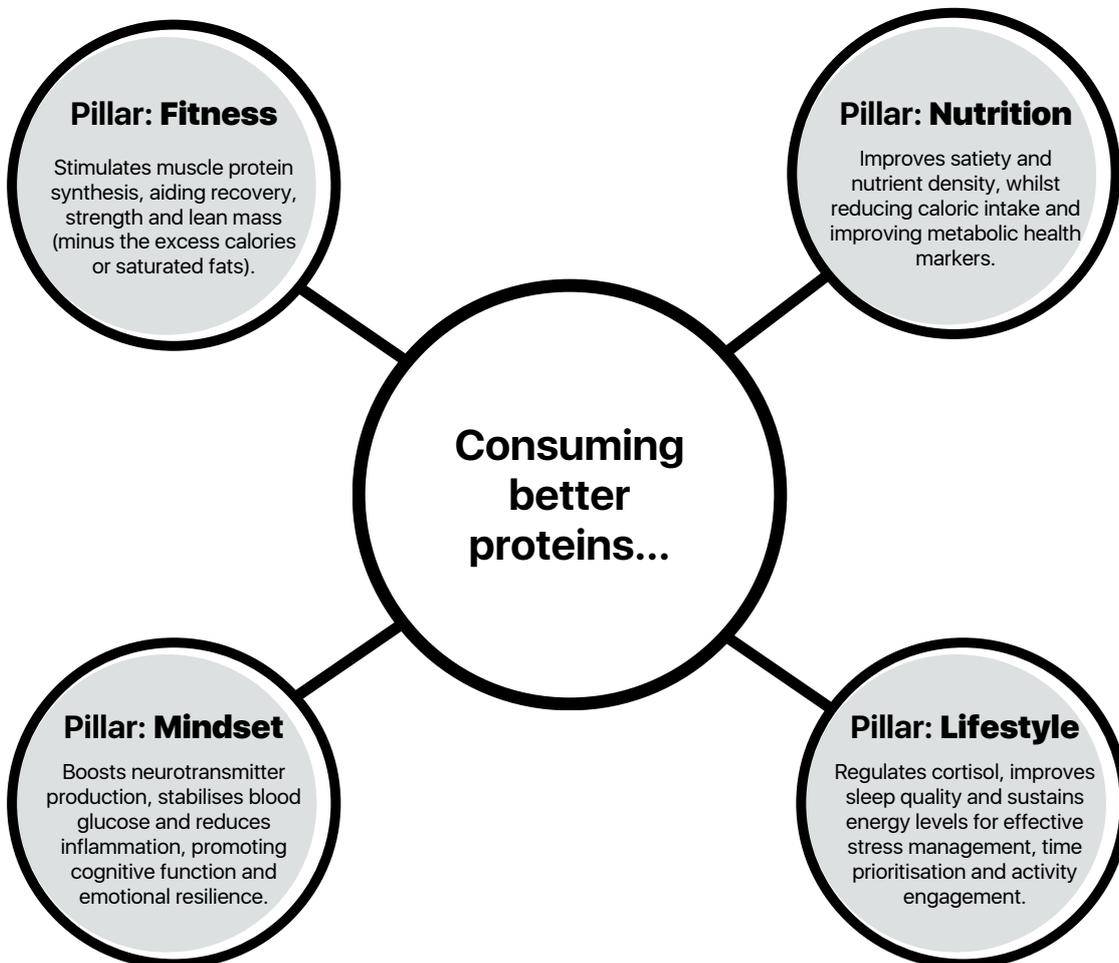
Contain avoidable stuff

Many non-lean protein sources are high in saturated fats and cholesterol, which can raise levels of LDL (bad) cholesterol in the blood. Elevated LDL cholesterol is a risk factor for heart disease and other cardiovascular issues.



4 Pillar benefits

Better protein choices not only improves your overall nutrition, but also boosts other facets of your wellbeing (in our case here at The Fit Life: 4 specific 'Pillars'):



The crossover benefits described here perfectly illustrate the holistic approach I take here at The Fit Life. **When you pull one lever (ie. consume better proteins), you instantly see improvements in other complimentary areas!**



How to use this Guide

I've designed this Guidebook to be a practical, go-to nutrition resource you'll return to time and time again.

Whether you're poring over a restaurant menu, writing a shopping list, tweaking macros, deciding between ingredients, giving advice to someone else who's struggling to hit their protein targets, or just trying to stay on track during a busy week - my Guidebook is here to make things way easier.

Inside, you'll find:

- Easy-to-read tables ranked by protein content;
- The leanest options clearly highlighted for quick reference;
- Information based on raw, dry, ready to eat, or matured/fermented uncooked items for accuracy (unless stated). Please note all values are estimates.

One important thing to note: the foods with the highest protein content aren't always the leanest - but understanding this is the key to making informed choices that work for you!

This isn't just about knowing what's 'best' - it's about having the tools to make decisions that align with your goals. Protein is often overlooked and underutilised, but getting it right can transform how you feel and perform.

MVP's

09 | THE ALL-TIME TOP 20



The all-time top 20

All items contain a minimum of 20g protein per serving, derive 70%+ calories from protein, are whole foods and have complete amino-acid chains. They're the absolute MVP's.

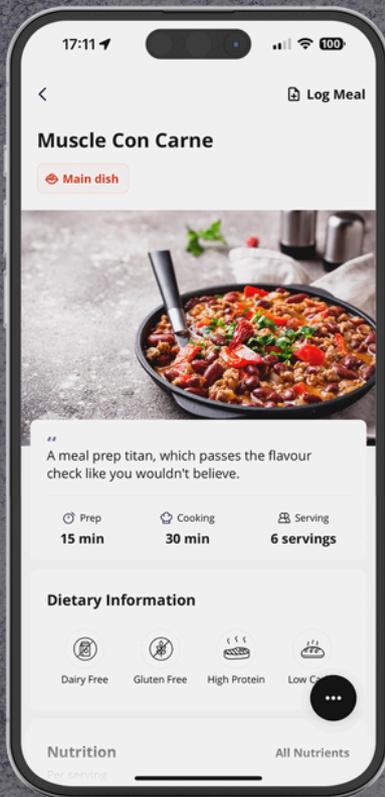
Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W	1 Chicken breast (skinless)	31	165	75%
W	2 Turkey breast (skinless)	30	150	80%
W	3 Veal (lean cuts)	30	150	80%
W	4 Sushi (tuna/salmon)	26	130	80%
W	5 Anchovies (tinned, in water)	25	110	91%
W	6 Canned sardines (in water)	25	115	87%
W	7 Tuna (tinned, in brine)	25	116	86%
W	8 Sashimi (tuna/salmon)	25	120	83%
W	9 Canned mackerel (in water)	24	112	84%
W	10 Shrimp (peeled - cooked)	23	99	93%
W	11 Cottage cheese (low fat)	23	116	79%
W	12 Bison (lean)	23	124	74%
W	13 Haddock (fresh)	22	95	94%
W	14 Rabbit	22	96	92%
W	15 Kangaroo	22	102	86%
W	16 Yellowfin tuna (fresh)	22	106	83%
W	17 Venison (steak, lean)	22	120	73%
W	18 Canned salmon (in water)	22	97	89%
W	19 Cod (fresh)	21	91	92%
W	20 Tilapia (fresh)	21	96	88%

THE FIT LIFE

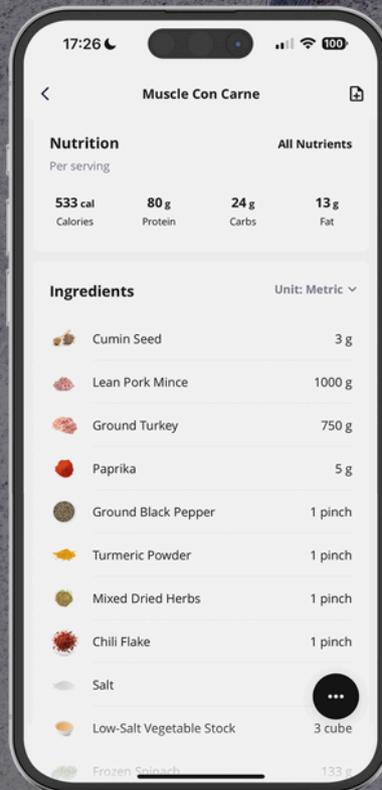
RECIPE

Vault

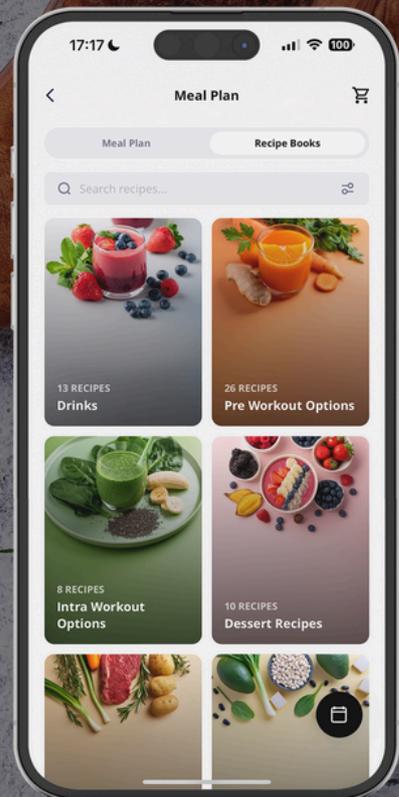
You never need buy a recipe book again.



Protein-rich recipes that pass the flavour (and nutrition coach) check.



Macros, scalable shopping lists, digital meal planning and more.



20+ beautifully curated, nutritious recipe books in the palm of your hand.

Join the Waitlist →

Launching soon

Comparison tables →



"The following pages are a series of comparison tables, broken into dietary preference:

- Vegan
- Vegetarian
- Pescatarian
- Meat eaters
- Vegetables

To get the most out of them, please check the 'Section Guide' on the next page first.

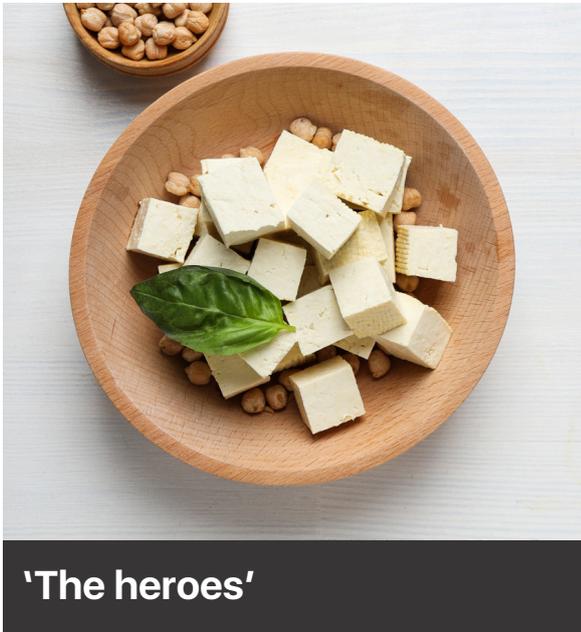
Remember, there are no 'good' or 'bad' foods - **only good or bad diets.**

Some options on the coming pages are perhaps better than others in certain respects, but as long as your overall diet - what you consume over a period of time - contains 80% (or above) nutritious options, you're golden!"





Section guide



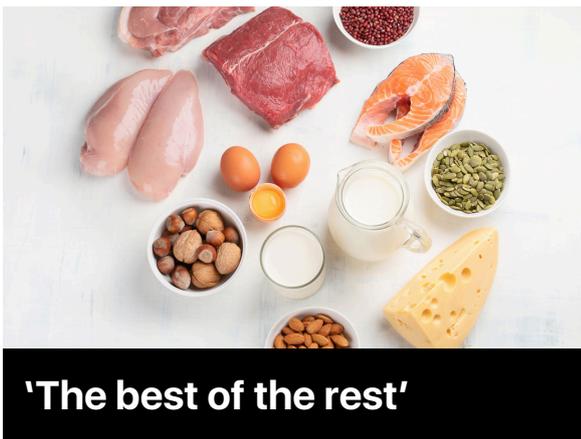
'The heroes'

The OG's. These are the big hitters your should be basing the majority of your protein-centric diet around.

Handy table keys

W Are **'whole foods'**
Minimally processed and as close to their natural state as possible. Choose these over non-whole-food choices as far as poss.

W Are **'whole foods' WITH complete amino acid chains**
The gold standard for quality: these items are minimally processed and as close to their natural state as possible, as well as 'complete proteins' containing all nine essential amino acids.



'The best of the rest'

20 more versatile protein picks to keep your diet varied and enjoyable.



'Snacks and ingredients'

Convenient ways to boost your protein intake wherever, whenever.

Vegans



14 | YOUR 20 VEGAN HEROES

15 | THE BEST OF THE REST

16 | SNACKS AND INGREDIENTS



Your 20 vegan heroes

Build your protein-rich diet around these 20 powerhouses.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
1	Seitan (cooked)	75	370	81%
2	Textured Vegetable Protein (TVP, like soy mince/chunks)	50	250	80%
W	3 Lentils (red)	25	360	28%
W	4 Split peas	25	343	29%
W	5 Lentils (green)	24	330	29%
W	6 Kidney beans	24	333	29%
W	7 Mung beans	23	347	27%
W	8 Black-eyed peas	23	343	27%
W	9 Navy beans	22	337	26%
W	10 Cannellini beans	22	337	26%
	11 Black bean pasta	22	335	26%
W	12 Black beans	21	341	25%
W	13 Butter beans	21	324	26%
W	14 Pinto beans	21	347	24%
W	15 Adzuki beans	20	329	24%
	16 Lentil pasta	20	340	24%
	17 Tempeh (cooked)	19	195	39%
W	18 Chickpeas	19	364	21%
	19 Chickpea pasta	19	350	22%
W	20 Oats	17	389	17%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest and best options. Use these regularly as a vegan. The other items on this list should also be prioritised due to their overall protein content, but be mindful that they aren't quite as lean."

The best of the rest

Sources lower in overall protein, that still pack a punch.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W 21	Spelt	15	338	18%
W 22	Amaranth (grain)	14	371	15%
W 23	Quinoa (uncooked)	14	368	15%
W 24	Wild rice	14	357	16%
W 25	Teff	13	367	14%
W 26	Buckwheat	13	343	15%
W 27	Edamame (young soybeans - cooked)	12	121	40%
28	Bulgur wheat	12	342	14%
29	Farro	12	340	14%
30	Tofu (extra firm)	10	95	42%
31	Rye flour	10	339	12%
W 32	Sweetcorn (uncooked)	9	86	42%
33	Bread (whole grain)	8	264	12%
W 34	Peas (frozen, uncooked)	5	68	29%
W 35	Alfalfa sprouts	4	23	70%
W 36	Broccoli	3	34	35%
W 37	Mushrooms (button)	3	22	55%
W 38	Spinach (raw)	3	23	52%
W 39	Kale (raw)	3	35	34%
W 40	Brussels sprouts (raw)	3	36	33%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest options in a list where the overall protein levels are considerably lower per item. Consume on occasion."

Snacks and ingredients

The top 20 protein-rich snack or meal enhancement options.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
1	Soy protein powder	90	360	100%
2	Spirulina powder	58	290	80%
3	Algae (chlorella powder)	58	325	71%
4	Nutritional yeast	50	325	62%
W 5	Hemp seeds	32	553	23%
W 6	Pumpkin seeds	30	559	21%
W 7	Peanuts (raw)	25	567	18%
W 8	Sunflower seeds	21	584	14%
W 9	Almonds	21	579	15%
W 10	Pistachios	21	560	15%
W 11	Flaxseeds	18	534	13%
W 12	Sesame seeds	18	573	13%
W 13	Cashews	18	553	13%
W 14	Chia seeds	16	486	13%
W 15	Walnuts	15	654	9%
W 16	Hazelnuts	15	628	10%
W 17	Brazil nuts	14	659	9%
18	Whole wheat flour	13	364	14%
W 19	Pecans	9	691	5%
W 20	Edible seaweed (raw)	6	45	53%

 "Sources in **bold** derive a minimum of 60% of calories from protein: these are the best protein-heavy snacks and ingredients you should have stocked up on as a vegan."

Vegetarians



18 | YOUR 20 VEGETARIAN HEROES

19 | THE BEST OF THE REST

20 | SNACKS AND INGREDIENTS

Your 20 vegetarian heroes

Build your protein-rich diet around these 20 powerhouses.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
1	Casein protein powder	78	341	91%
2	Whey protein powder	75	376	80%
W	3 Parmesan cheese	35	431	32%
W	4 Emmental cheese (light)	28	350	32%
W	5 Edam cheese	27	357	30%
W	6 Gouda (reduced fat)	27	344	31%
W	7 Swiss cheese (light)	27	386	28%
W	8 Hard cheese (reduced fat)	26	322	32%
W	9 Cheddar cheese (light)	25	302	33%
W	10 Cottage cheese (low fat)	23	116	79%
W	11 Red Leicester (light)	23	312	29%
W	12 Mozzarella (light)	22	196	45%
W	13 Kefir cheese	22	240	37%
W	14 Double Gloucester (light)	22	309	28%
W	15 Paneer (reduced fat)	21	178	47%
W	16 Cheshire cheese (light)	21	315	27%
W	17 Havarti cheese (light)	20	270	30%
	18 Protein bars (egg based)	20	300	27%
W	19 Feta cheese (reduced fat)	19	160	48%
W	20 Camembert (light)	19	285	27%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest and best options. Use these regularly as a vegetarian. The other items on this list should also be prioritised due to their overall protein content, but be mindful that they aren't quite as lean."

The best of the rest

Sources lower in overall protein, that still pack a punch.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
	21 Processed cheese slices	19	270	28%
W	22 Stilton (light)	19	292	26%
W	23 Brie (light)	18	281	26%
W	24 Wensleydale (reduced fat)	18	290	25%
W	25 Halloumi (reduced fat)	17	245	28%
W	26 Blue cheese (light)	17	270	25%
W	27 Egg yolk (raw)	16	322	20%
W	28 Goat cheese (soft, light)	15	265	23%
	29 Cheddar cheese spread (light)	15	190	32%
W	30 Quark	14	74	76%
W	31 Eggs (whole, raw)	13	143	36%
W	32 Quail eggs	13	158	33%
	33 Creamed cottage cheese	12	140	34%
W	34 Ricotta cheese (light)	11	130	34%
W	35 Skyr yoghurt (natural)	11	60	73%
W	36 Egg white (raw)	11	52	85%
W	37 Greek yoghurt (0% fat)	10	57	70%
	38 Yoghurt (low-fat plain)	8	62	52%
	39 Yoghurt (Greek-style, light)	8	68	47%
W	40 Greek yoghurt (low fat)	8	80	40%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest options in a list where the overall protein levels are considerably lower per item. Consume on occasion, but prioritise items in the Heroes list."

Snacks and ingredients

The top 20 protein-rich snack or meal enhancement options.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W	1 Edam cheese slices (light)	27	357	30%
	2 Flavoured whey protein snacks	25	400	25%
W	3 Reduced-fat mozzarella sticks	22	196	45%
	4 Protein bars (egg-based)	20	300	27%
	5 Reduced-fat cheese sticks	20	280	29%
	6 Processed cheese slices	19	270	28%
	7 Babybel Light	18	260	28%
	8 Reduced-fat cheese spread	15	190	32%
W	9 Soft-boiled eggs (cooked)	13	155	34%
W	10 Poached eggs (cooked)	13	143	36%
W	11 Egg-based pasta (cooked)	13	384	14%
W	12 Hard-boiled eggs (cooked)	13	155	34%
	13 Protein pudding (dairy-based)	12	90	53%
	14 Protein-enriched yoghurt	12	90	53%
W	15 Scrambled eggs (with milk - cooked)	10	148	27%
	16 Dairy-based protein shakes	10	150	27%
	17 Cheddar cheese crackers	10	190	21%
	18 Flavoured Skyr	9	60	60%
	19 Cheesecake (low fat)	8	290	11%
W	20 Egg salad (light mayo)	8	160	20%

 "Sources in **bold** derive a minimum of 60% of calories from protein. As you can see, there is only one item on this list that meets this standard, so as a veggie, you should be basing the vast majority of your consumption on non-snack items (on the previous pages)."

Protein Coffee (Espresso Version)

Taken from The Fit Life Recipe Vault - featuring casein powder (the #1 ranked vegetarian Hero item).

Per serving → 139 calories 25g protein (72% of total calories) 3g carbs 3g fat

Ingredients (serves 1)

1 espresso shot (cooled)
30g casein chocolate protein powder
250ml unsweetened almond milk

Directions

1. Make your espresso shot and pop it straight into the freezer if you have space. We want to get it as cool as we can, as quickly as possible. If you don't have freezer space available, then put it into the fridge on the lowest shelf.
2. Prep a pint glass (~500ml), filling it halfway with cubed ice (never crushed ice) and a nice big straw. This'll start to cool the glass down.
3. Grab some kitchen scales, and measure out the protein powder and almond milk into a blender cup (ideally) or a shaker bottle. Blend for no more than 15 seconds (any longer and it'll likely get very frothy). If you're using a shaker bottle, shake the mixture until completely incorporated.
4. Grab your cooled coffee shot from the freezer/fridge and add it to the mixture, shaking/stirring to mix. Pour the protein coffee mixture into your glass and allow to sit for 1-2 minutes (I highly recommend popping a coaster underneath, as it'll 'sweat'). Serve immediately.

Join the *Vault* Waitlist →

Pescatarians

23 | YOUR 20 PESCATARIAN HEROES

24 | THE BEST OF THE REST

25 | SNACKS AND INGREDIENTS



Your 20 pescatarian heroes

Build your protein-rich diet around these 20 powerhouses.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W	1 Tuna (tinned, in brine)	25	116	86%
W	2 Sardines (tinned, in water)	25	150	67%
W	3 Anchovies (tinned, in water)	25	110	91%
W	4 Sardines (tinned, in oil)	25	200	50%
W	5 Sardines (tinned, in brine)	25	180	56%
W	6 Caviar (fresh)	24	264	36%
W	7 Albacore tuna (tinned)	23	150	61%
W	8 Yellowtail (fresh)	23	180	51%
W	9 Haddock (fresh)	22	95	94%
W	10 Yellowfin tuna (fresh)	22	106	83%
W	11 Cod (fresh)	21	91	92%
W	12 Tilapia (fresh)	21	96	88%
W	13 Char (fresh)	21	97	87%
W	14 Rainbow trout (fresh)	21	118	71%
W	15 Halibut (fresh)	21	104	81%
W	16 Snapper (fresh)	21	100	84%
W	17 Smoked trout (fresh)	21	150	56%
W	18 Haddock (smoked)	21	112	75%
W	19 Atlantic mackerel (fresh)	21	151	56%
W	20 Trout (fresh)	20	86	92%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest and best options. Use these regularly as a pescatarian."

The best of the rest

Sources lower in overall protein, that still pack a punch.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W 21	Herring (fresh)	20	97	83%
W 22	Sea bass (fresh)	20	97	83%
W 23	Salmon (fresh)	20	142	56%
W 24	Swordfish (fresh)	20	111	72%
W 25	Pink salmon (tinned)	20	122	66%
W 26	Coho salmon (fresh)	20	120	67%
W 27	Tilapia (tinned, in water)	20	99	81%
W 28	Pollock (fresh)	20	95	84%
W 29	Herring (fresh)	20	158	51%
W 30	Pollock (fresh)	19	82	93%
W 31	Crab meat (tinned)	19	91	84%
W 32	Mackerel (tinned, in water)	19	97	78%
W 33	Lobster (fresh)	19	89	85%
W 34	Turbot (fresh)	19	91	84%
W 35	Monkfish (fresh)	19	97	78%
W 36	Smoked mackerel (fresh)	19	143	53%
W 37	Rockfish (fresh)	19	110	69%
W 38	Saithe (fresh)	19	92	83%
W 39	Catfish (fresh)	19	108	70%
W 40	Eel (fresh)	19	184	41%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest options in a list where the overall protein levels are lower per item, but still fine to consume on occasion."

Snacks and ingredients

The top 20 protein-rich snack or meal enhancement options.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
1	Fish jerky (low fat variety)	80	337	95%
W 2	Canned anchovies (in brine)	30	210	56%
3	Sushi (tuna/salmon)	26	130	80%
W 4	Canned sardines (in water)	25	115	87%
W 5	Sashimi (tuna/salmon)	25	120	83%
W 6	Mussels (fresh)	25	172	57%
7	Fish tacos (using low fat fish - cooked)	24	175	55%
W 8	Canned mackerel (in water)	24	112	84%
W 9	Shrimp (peeled)	23	99	93%
W 10	Canned salmon (in water)	22	97	89%
W 11	Canned tuna (in water)	21	89	92%
12	Fish cakes (homemade, baked - cooked)	20	150	53%
13	Fish pâté (low fat)	20	150	53%
W 14	Pickled herring (in brine, light)	20	110	73%
W 15	Crab meat (fresh)	19	83	93%
16	Fish-based dips (like cod or tuna)	19	120	63%
W 17	Canned crab meat (in brine)	19	90	82%
18	Fish mousse (low fat)	18	120	60%
W 19	Canned oysters (in brine)	13	81	62%
20	Fish fingers (low fat, baked - cooked)	12	210	23%

 "Sources in **bold** derive a minimum of 80% of calories from protein: these are the best protein-heavy snacks and ingredients you should have stocked up on as a pescatarian."

Meat eaters



27 | YOUR 20 MEAT EATER HEROES

28 | THE BEST OF THE REST

29 | SNACKS AND INGREDIENTS

Your 20 meat eater heroes

Build your protein-rich diet around these 20 powerhouses.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W	1 Chicken breast (skinless)	31	165	75%
W	2 Turkey breast (skinless)	30	150	80%
W	3 Veal (lean cuts)	30	150	80%
W	4 Beef sirloin (lean)	28	160	70%
	5 Turkey bacon (cooked)	28	135	83%
	6 Chicken mince (6% fat)	27	168	64%
	7 Turkey mince (2% fat)	25	120	83%
	8 Venison mince	24	120	80%
W	9 Pork tenderloin (trimmed)	24	143	67%
W	10 Chicken thigh (skinless)	24	179	54%
	11 Beef mince (5% fat)	24	137	70%
W	12 Goose (lean)	24	161	60%
W	13 Grouse (game meat)	24	160	60%
W	14 Lamb (lean, trimmed leg)	23	162	57%
W	15 Chicken wing (skinless)	23	203	45%
W	16 Chicken leg (skinless)	23	170	54%
W	17 Pheasant	23	133	69%
W	18 Boar (game meat)	23	159	58%
W	19 Bison (lean)	23	124	74%
W	20 Whole chicken (skinless, meat only)	23	180	51%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest and best options. Use these regularly as a meat eater."

The best of the rest

Sources lower in overall protein, that still pack a punch.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W 21	Duck breast (skinless)	22	165	53%
22	Pork mince (5% fat)	22	135	65%
W 23	Chicken drumstick (skinless)	22	161	55%
24	Beef mince (10% fat)	22	176	50%
W 25	Venison (steak, lean)	22	120	73%
W 26	Duck leg (with skin)	22	337	26%
27	Gammon (lean)	22	152	58%
28	Chicken sausages (lean)	22	145	61%
W 29	Rabbit	22	96	92%
W 30	Kangaroo	22	102	86%
31	Lamb mince (5% fat)	22	153	58%
32	Beef sausages (lean)	21	192	44%
33	Pork sausages (lean)	20	180	44%
W 34	Lamb (with fat)	20	280	29%
35	Turkey sausages (lean)	20	120	67%
36	Pork mince (10% fat)	20	162	49%
W 37	Quail	20	134	60%
W 38	Duck breast (with skin)	20	233	34%
39	Goose Liver (foie gras, lean)	20	146	55%
W 40	Chicken thigh (with skin)	20	209	38%

 "Sources in **bold** derive a minimum of 70% of calories from protein: these are your leanest options in a list where the overall protein levels are lower per item, but still fine to consume on occasion."

Snacks and ingredients

The top 20 protein-rich snack or meal enhancement options.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
1	Biltong	33	160	83%
2	Beef jerky	32	160	80%
3	Bison jerky	30	160	80%
4	Turkey pastrami	30	140	85%
W 5	Beef kebobs (lean - cooked)	30	160	74%
6	Venison jerky	30	150	80%
7	Beef schnitzel (lean cut - cooked)	30	170	70%
W 8	Lamb ribs (lean cut - cooked)	30	175	68%
9	Pork schnitzel (lean cut - cooked)	30	160	75%
W 10	Chicken drumstick (skinless)	28	155	72%
W 11	Beef short ribs (lean cut - cooked)	28	180	62%
12	Turkey breast slices	28	125	89%
W 13	Chicken kebabs (skinless - cooked)	28	145	75%
14	Venison burger patties (cooked)	28	150	75%
15	Chicken shawarma (skinless - cooked)	28	145	75%
16	Beef Wellington (lean beef - cooked)	28	170	67%
W 17	Chicken wing (skinless)	26	150	69%
W 18	Pork ribs (lean cut - cooked)	26	145	72%
W 19	Chicken leg quarter (skinless)	26	155	72%
20	Ham (lean)	19	100	76%

 "Sources in **bold** derive a minimum of 80% of calories from protein: these are good protein-heavy snacks and ingredients. Be mindful that all the leanest options are processed, so eat these minimally."

Lean Jerk Chicken

Taken from The Fit Life Recipe Vault - featuring chicken breast (the #1 ranked meat eater Hero item).

Per serving → 377 calories 78g protein (83% of total calories) 5g carbs 5g fat

Ingredients (serves 4)

20ml lemon juice
30ml tamari soy sauce
Cooking spray oil (10 sprays)
800g chicken breast fillets

For the seasoning mix:

1g dried parsley
1g cinnamon powder
1g nutmeg powder
3g smoked paprika powder
Smoked paprika powder
3g ground allspice powder
10g low sodium salt
10g cayenne pepper powder
Chilli flakes/powder (to taste)

Directions

1. Preheat your oven to 220°C (428°F). Grab a deep baking tray, some kitchen foil, kitchen scales, a sealable container and a small bowl. Measure out the seasoning ingredients into a sealable container.
2. Grab your bowl, pop it onto the scales, and measure out the lemon juice and tamari. Spray around the baking tray with the oil, before adding the lemon juice/tamari liquid directly to the tray.
3. Score/pierce the chicken with a sharp knife, before adding to the tray - sprinkling a generous amount of your seasoning mix on top (saving the rest for future use). Get your hands dirty and work to combine all the ingredients well, really working the seasoning mix into each breast.
4. Cover the tray tightly with kitchen foil and pop into the oven for one hour. The more tightly you wrap that foil around the tray, the more moisture you'll retain (this is really important otherwise the chicken will likely come out dry).
5. Once cooked (check to make sure the juices run clear in the middle of your largest breast/that the internal temperature is at least 74°C/165°F), remove from the oven and let the chicken rest for five minutes. Serve.

Join the *Vault* Waitlist →

Vegetables

32 | PROTEIN-RICH VEGETABLES



Protein-rich vegetables

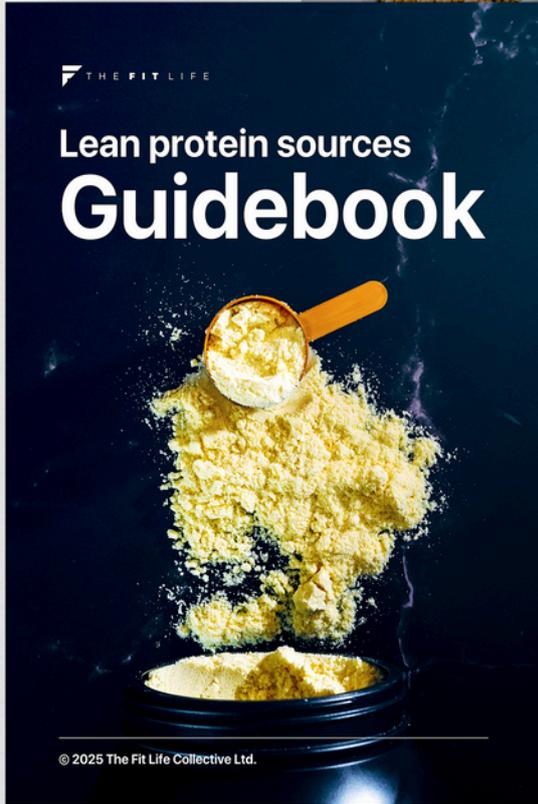
Enhance your protein-rich meals with these boosters, also rich in health promoting micronutrients.

Rank	Item	Protein per 100g serving (in g)	Calories per 100g serving	% of calories from protein
W 1	Edamame (young soybeans - cooked)	11	122	36%
W 2	Mushrooms	3	22	55%
W 3	Watercress	3	11	55%
W 4	Spinach	3	23	52%
W 5	Asparagus (cooked)	3	20	50%
W 6	Mustard Greens	3	27	43%
W 7	Broccoli	3	34	35%
W 8	Kale	3	35	34%
W 9	Bok Choy	2	13	46%
W 10	Swiss Chard	2	19	38%

 "Sources in **bold** derive a minimum of 50% of calories from protein - and are therefore the leanest, but all the above would be recommended as part of a balanced diet."

Vegans

04 | YOUR 20 VEGAN HEROES



THE FIT LIFE

Lean protein sources Guidebook

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'Lean' vs 'unlean'

Oh, 'unlean' isn't a word, but you get the idea!

This Guidebook is all about 'lean' choices, but what does that really mean? It's time for a beaut summary table!

Lean proteins...

Protein sources that are relatively lower in fat and calories.

Aid muscle growth and repair
Lean proteins will build and maintain muscle mass more efficiently.

Help regulate weight
Lean proteins help you feel fuller for longer without the extra calories.

Spike your metabolism
Lean proteins have a higher 'thermic effect' (your body burns more calories digesting them).

Support overall health
Choosing lean proteins reduces your intake of saturated fats, which can help lower cholesterol levels and reduce the risk of heart disease. They're often rich in micronutrients and antioxidants, boosting recovery, supporting immune health and improving bone strength.

Unlean proteins...

Protein sources that are relatively higher in fat and calories vs lean options.

Drive calories up
Non-lean proteins can be higher in calories due to their fat content.

Have higher health risks
 diets high in non-lean proteins (esp processed meats), have been linked to various health issues, including an increased risk of certain cancers and chronic diseases.

Contain avoidable stuff
Many non-lean protein sources are high in saturated fats and cholesterol, which can raise levels of LDL (bad) cholesterol in the blood. Elevated LDL cholesterol is a risk factor for heart disease and other cardiovascular issues.

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05

MVP's

04 | THE ALL-TIME TOP 20



Protein Coffee (Espresso Version)

Taken from The Fit Life Recipe Vault - featuring casein powder (the #1 ranked vegetarian Hero item).

Per serving → 139 calories 25g protein 3g carbs 3g fat

Ingredients (serves 1)

- 1 espresso shot (pooled)
- 30g casein chocolate protein powder
- 200ml unsweetened almond milk

Directions

1. Make your espresso shot and pop it straight into the freezer if you have space. We want it to be cool as we can't do anything as far as you don't have freezer space available, that's put it into the fridge on the lowest shelf.
2. Prep a pint glass (500ml), dump a heaping (with cubed) ice (leave crushed) and a sachet of sweetener. They'll start to cool the glass down.
3. Grab some kitchen scales, and measure out the protein powder and almond milk into a blender cup (ideally for a shaker bottle. Blend for no more than 30 seconds (any longer and it'll likely get very frothy). If you're using a shaker bottle, shake the mixture until completely incorporated.
4. Grab your cooled coffee shot from the freezer (and add it to the mixture), shake vigorously to mix. Pour the protein coffee mixture into your glass and allow to sit for 1-2 minutes (if high for recommended pouring at coffee temperature, as it's 'hottest'). Serve immediately.

Join the Vault Waitlist →

THE FIT LIFE LEAN PROTEIN SOURCES GUIDEBOOK

Your 20 vegetarian

Build your protein-rich diet around these

1. Casein protein powder
2. Whey protein powder
3. Plantain
4. Bannock (vegan)
5. Double baked flat
6. Baked banana
7. Baked banana
8. Apple (medium)
9. Chocolate almond
10. Kashi (vegan)
11. Kashi (vegan)
12. Kashi (vegan)
13. Kashi (vegan)
14. Double baked flat
15. Plantain
16. Chocolate almond
17. Baked banana
18. Baked banana
19. Plantain
20. Casein protein

*Sources in bold derive a minimum of 70% of calories from plant-based sources. Use these ingredients as a replacement. They are provided due to their overall protein content, but be aware

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leaving a quick review, using the link below."

Meg

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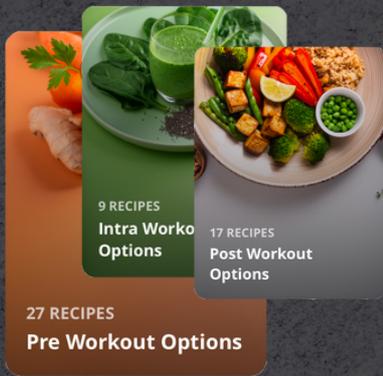


THE FIT LIFE

RECIPE

Vault

You never need buy a recipe book again.



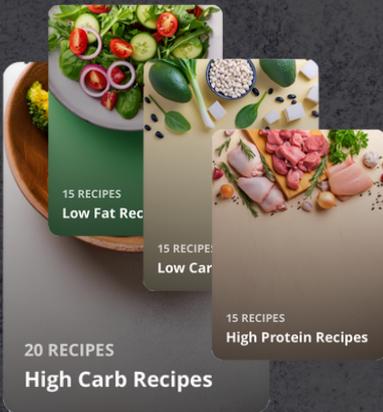
The **training** collection



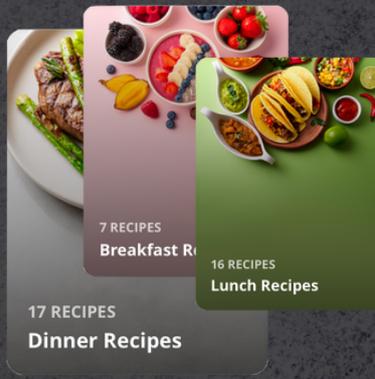
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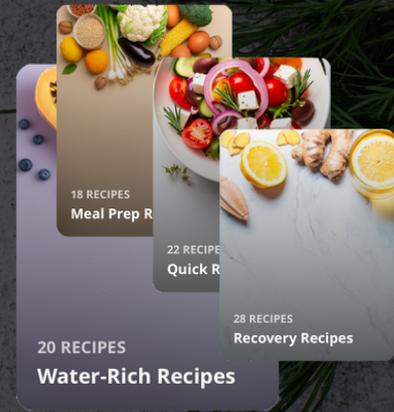
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A UK based wellness & fitness brand, led by Meg Patel, on a mission to transform lives. My ethos is that through balanced lifestyles, flexible nutrition, strong bodies and better mental health, we can thrive and Become More.

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Contact

hello@thefitlife.co



Meg has a Level 3 REPS qualification in Personal Training, a Level 2 certificate in Fitness Instructing (with distinction), an LDNM certificate in Nutrition Coaching, a Precision Nutrition L1 qualification and is an OTA certified Online Trainer.

For the past nine years, Meg has coached hundreds of individuals and groups - initially as a nutrition coach, then as a personal trainer, before settling into the specialism of performance coaching - combining fitness, mindset, lifestyle and nutrition mentoring to drive personal development. In his spare time, Meg enjoys cooking, travelling, going for walks, hitting the gym and petting any animal he comes across.

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