

## GOOD SOURCES OF PROTEIN

Protein Source	Serving Size	Protein
Biogen Iso Whey Protein (Whey Isolate, Concentrate and Hydrolysate)	1 scoop (30g)	21g
Biogen Whey Isolate (Isolate Only)	1 scoop (30g)	25g
Biogen Night Feed (Casein)	1 scoop (32g)	22.3g
Biogen Lean Gain All in One (Lean Mass gainer)	3 scoops (150g)	44.9g
Biogen Diet Protein (Protein Blend)	2 scoops (45g)	25.3g
Biogen Vegan Pro (Plant based proteins)	2 scoops (50g)	25g
A full Egg	1 large egg	6g
Egg White	from 1 large egg	3.5g
Beef, Lean	100g	28g
Tuna Fish (canned, in water)	100g	24g
Chicken Breast, skinless	100g	30g
Pork, Lean	100g	28g
Extra Lean Mince	100g	28g
Cottage Cheese	100g	18g
Low Fat Yoghurt	1 cup (250g)	12g