

ONYX HEALTH AND BEAUTY

High Protein Food Chart

A simple guide to help support weight management, muscle tone, and overall wellness through protein-rich foods.

| Food | Protein | Best For |
|----------------|-------------|------------------------|
| Chicken Breast | 25–30g | Lean muscle, fat loss |
| Turkey | 25g | Low fat meals |
| Eggs (2) | 12g | Quick breakfast |
| Greek Yogurt | 15–20g | Snacks, gut health |
| Salmon | 22g | Healthy fats + protein |
| Tuna | 20–25g | Meal prep |
| Shrimp | 18–20g | Low calorie meals |
| Cottage Cheese | 14g | Evening snack |
| Lentils | 18g (1 cup) | Plant protein |
| Black Beans | 15g (1 cup) | Fiber + fullness |
| Chickpeas | 14g (1 cup) | Balanced meals |
| Almonds | 6g | Healthy snack |
| Peanut Butter | 8g | Energy boost |
| Tofu | 10–15g | Plant-based option |
| Protein Shake | 20–30g | Quick intake |

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