



TOP 10 VEG PROTEIN SOURCES



HIGH
PROTEIN



INDIAN
OPTIONS



HEALTHY
& NUTRITIOUS



BUDGET
FRIENDLY



A COMPLETE GUIDE BY

TRAIN SMART WITH PIYUSH

20 G PROTEIN

KITNA KHANA? KITNI CALORIES?

Part 1: kam calories wale 5 sources, leanest se shuru

1



Soya chunks

dry weight

40 g

KITNA KHANA

138

KCAL

PROTEIN

20.8

GRAM

2



Tofu

firm

170 g

KITNA KHANA

212

KCAL

PROTEIN

20.4

GRAM

3



Hung curd (Greek)

thick, strained

225 g

KITNA KHANA

248

KCAL

PROTEIN

20.2

GRAM

4



Masoor dal

cooked weight

225 g

KITNA KHANA

261

KCAL

PROTEIN

20.2

GRAM

5



Rajma

cooked weight

230 g

KITNA KHANA

292

KCAL

PROTEIN

20.0

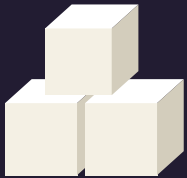
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20 G PROTEIN

KITNA KHANA? KITNI CALORIES?

Part 2: zyada calories wale 5 sources, energy aur muscle gain ke liye

6



Paneer

full fat

115 g

KITNA KHANA

305

KCAL

PROTEIN

20.7

GRAM

7



Besan (chilla/sabzi)

gram flour, dry

95 g

KITNA KHANA

368

KCAL

PROTEIN

20.9

GRAM

8



Roasted chana

bhuna hua

100 g

KITNA KHANA

370

KCAL

PROTEIN

20.0

GRAM

9



Sattu

dry flour, drink ke liye

100 g

KITNA KHANA

375

KCAL

PROTEIN

20.0

GRAM

10



Peanuts

raw ya roasted

80 g

KITNA KHANA

454

KCAL

PROTEIN

20.8

GRAM