



“ Choose Right, Feel Strong ”

PROTEIN CHEATKIT

per 100 g



*Digestibility

How well your body absorbs and uses protein.

★ 3-Star system

High, Medium, Low.

*Leucine

Key for muscle growth

Whey Protein Powder

90g Protein



9g Leucine



Peanuts

25g Protein



1.9g Leucine



Eggs

13g Protein



1.1g Leucine



Salmon

25g Protein



2.1g Leucine



Not all proteins are equal. Choose Right!



Digestibility matters!



Aim for ~3 g Leucine per meal



Choose high-quality sources



Space protein across your day

www.JustProtein.app

*Based on PDCAAS/DIAAS research.

*Values vary by brand, source, and preparation

Top Protein Sources

per 100 g

Proteins are powerful—but quality matters! Choose sources with high digestibility and enough leucine to truly support muscle repair.

Whey Protein Powder



Soy Protein Isolate



Dried Shrimp (건새우)



Chicken Breast



Lean Beef



Salmon



Shrimp



Mackerel



Egg



Greek Yogurt (plain)



Cottage Cheese



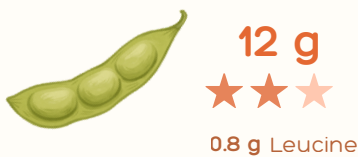
Tempeh



Tofu (firm)



Edamame



Pumpkin Seeds



Peanuts



Chickpeas



Lentils



What 20g of Protein Looks Like

Each food below gives about **20 g** of real, usable protein.
Aim for this per meal – mix & match to stay strong and nourished!

Whey Protein Powder



1 scoop (25g)

quickest way to hit
your protein goal

Eggs



3 large eggs

perfect amino acid
balance

Chicken Breast



1 small fillet (85g)

Gold standard
complete protein.

Salmon



1 small fillet (95g)

Omega-3 + high leucine.

Shrimp



1 heaping cup (100g)

light, lean & easy to digest

Lean Beef



1 small steak (85g)

High iron + B12.

Tofu



1 Block (250g)

complete protein

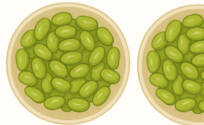
Nut Butter



**5 tablespoons
(80-100g)**

Pair with soy milk for
balance

Edamame



1.5 cup (200g)

high in leucine

SKYR (Icelandic Yogurt)



1 ¼ cup (250g)

highest protein among
yogurts

Cottage Cheese



¾ cup (150g)

long-lasting protein
that supports recovery

Nuts



1 cup (120g)

about 3 big handfuls
dense in calories – best
as a snack booster