

Vegetarian and **Non-Vegetarian** foods that are **high in protein** but **low in calories** — perfect for fat loss and muscle maintenance goals.

VEGETARIAN – High Protein, Low Calorie Foods

Food	Protein (per 100g)	Calories (per 100g)
Tofu (firm)	10g	144 kcal
Tempeh	19g	195 kcal
Greek Yogurt (0% fat)	10g	59 kcal
Cottage Cheese (low-fat paneer)	11g	98 kcal
Skim Milk (0% fat)	3.4g	35 kcal
Lentils (boiled)	9g	116 kcal
Chickpeas (boiled)	8.9g	164 kcal
Moong Dal (boiled)	8g	105 kcal
Edamame (boiled)	11g	121 kcal
Seitan (wheat protein)	25g	120 kcal
Eggs (1 whole egg)	6g	68 kcal
Egg Whites (100g = ~3 egg whites)	11g	52 kcal
Whey Protein (1 scoop)	20–25g	~100–120 kcal
Chia Seeds (high in fat, moderate protein)	17g	486 kcal (<i>small quantity ideal</i>)
Flaxseeds (ground)	18g	534 kcal (<i>dense food, use sparingly</i>)

Tips:

- Mix egg whites with oats or paneer for protein-packed meals.
 - Use Greek yogurt as dip or snack.
 - Moong dal chilla and paneer bhurji are great desi-style options.
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NON-VEGETARIAN – High Protein, Low Calorie Foods

Food	Protein (per 100g)	Calories (per 100g)
Chicken Breast (skinless)	31g	165 kcal
Turkey Breast	29g	135 kcal
Egg Whites	11g	52 kcal
Fish (Cod)	20g	82 kcal
Fish (Tilapia)	26g	129 kcal
Shrimp	24g	99 kcal
Tuna (canned in water)	23g	96 kcal
Salmon (wild, grilled)	25g	142 kcal
Sardines (in water)	25g	208 kcal
Beef (lean cuts, grilled)	26g	170 kcal
Lamb (lean cuts)	25g	180 kcal
Protein Powder (whey/isolate)	20–25g	100–120 kcal
Eggs (whole)	6g	68 kcal