

HIGH-PROTEIN INDIAN FOODS

CHEAT SHEET

TOP HIGH-PROTEIN INDIAN FOOD SOURCES (per 100g unless noted)

Food	Protein	Calories	Fat	Carbs	Notes
Chicken Breast, cooked	31g	165	4g	0g	Highest P/cal
Ground Chicken, cooked	27g	172	9g	0g	Easy batch cook
Tempeh	19g	193	11g	9g	Veg & fermented
Paneer (Amul Malai)	18g	265	21g	2g	Fat is higher
Cottage Cheese 1% LF	11g	72	1g	3g	Best P:cal ratio
Egg Whites (liquid)	11g	52	0g	1g	Mix into anything
Greek Yogurt, non-fat	10g	59	0g	4g	Use instead of cream
Chickpeas / Chana, cooked	9g	164	3g	27g	High fiber too
Lentils / Dal, cooked	9g	116	0g	20g	Dal = protein + iron
Tofu, firm	8g	76	5g	2g	Veg + versatile
Eggs, whole (1 large)	6g	78	5g	1g	per egg, not 100g
Whey Protein ISO 100 (1 scoop)	25g	120	1g	2g	Per scoop (~30g)

SMART SWAPS TO BOOST PROTEIN IN YOUR FAVOURITE DISHES

- **Palak Paneer** → Replace ½ paneer with 1% cottage cheese → more protein, less fat
- **Dal Makhani** → Stir in 1 scoop unflavoured whey or collagen before serving → +20–25g P
- **Rajma Chawal** → Add cubed tofu or boiled egg alongside → +6–8g P per serving
- **Raita** → Use Greek non-fat yogurt instead of regular dahi → doubles the protein
- **Paratha / Roti** → Add 2 tbsp liquid egg whites to the dough → extra protein, same texture
- **Rice Bowls** → Top with shredded rotisserie chicken or ground chicken → easy +25g P

REAL RECIPE MACROS AT A GLANCE (per serving · from MacroFactor)

Chicken Danshak

■ 215 P 32g F 8g C 3g

Chicken Pulao

■ 274 P 25g F 3g C 37g

Palak Paneer

■ 241 P 14g F 18g C 6g

Mutter Paneer

■ 336 P 16g F 22g C 19g

Egg Burji

■ 287 P 20g F 19g C 8g

Tortellini + Chicken

■ 430 P 37g F 8g C 54g

Chickpea Curry

■ 228 P 10g F 7g C 34g

Cavatappi Pesto Pasta

■ 395 P 30g F 13g C 36g

Tofu Potatoes StirFry

■ 358 P 18g F 14g C 38g

Gnocchi Chicken Pasta

■ 373 P 26g F 12g C 42g

YOUR DAILY PROTEIN TARGET

Body weight (lbs) × 0.75–1g = Daily protein goal

Example: 130 lbs × 0.8g = 104g protein/day