

Simple Protein for Gym Beginners

12 Easy, Everyday Protein Sources to Build Your Diet Around

New to the gym and overwhelmed by protein advice? You don't need exotic supplements or a complicated meal plan to start — a general target of roughly 0.8-1.2g of protein per kg of body weight is plenty for most beginners, and it can come almost entirely from everyday foods. This guide lists 12 simple protein sources, colour-coded by type, with an approximate protein count and how to use each one.

Colour Key

Non-Veg	Dairy	Veg / Plant	Supplement
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The 12 Protein Sources

Food	Type	Protein / Serving	Why / How to Use It
1. Eggs	Non-Veg	~6g per large egg	Cheap, versatile, and quick to cook. 2-3 whole eggs a day is an easy habit to build early on.
2. Chicken Breast	Non-Veg	~25g per 100g cooked	Lean and protein-dense; easy to cook in bulk and portion out for the week.
3. Fish (Rohu, Pomfret, etc.)	Non-Veg	~20g per 100g cooked	Good protein plus omega-3s; grill or curry-cook with minimal oil.
4. Paneer	Dairy	~18g per 100g	A vegetarian-friendly, filling option that works in curries, wraps, or grilled as a snack.
5. Curd / Greek Yogurt	Dairy	~3-10g per 100g	An easy daily addition to any meal; Greek yogurt has noticeably more protein than regular curd.
6. Milk	Dairy	~3.4g per 100ml	A simple way to add protein throughout the day, on its own or blended into a smoothie.
7. Soya Chunks	Veg / Plant	~52g per 100g (dry, before cooking)	Extremely protein-dense and affordable; soak and cook into curries or stir-fries.
8. Tofu	Veg / Plant	~8g per 100g	A versatile plant protein that takes on the flavour of whatever it's cooked with.
9. Dal / Lentils (Moong, Toor, Masoor)	Veg / Plant	~7-9g per 100g cooked	A daily staple that's likely already part of most meals — no extra effort needed to include it.
10. Chickpeas / Rajma	Veg / Plant	~8-9g per 100g cooked	Great in curries, or roasted as chana for an easy protein snack.
11. Peanuts	Veg / Plant	~25g per 100g (raw)	Affordable and easy to snack on; dry roast a batch and keep a jar handy.
12. Whey Protein Powder	Supplement	~20-25g per scoop	Convenient for hitting your daily target when whole food isn't practical — a supplement to meals, not a replacement.

A Simple Sample Day

Here's how a beginner might naturally hit a solid protein target without overthinking it:

- **Breakfast:** 2-3 eggs or a bowl of curd with fruit
- **Lunch:** Dal + rice/roti, with a side of paneer or chicken
- **Evening Snack:** A small handful of roasted peanuts or chana
- **Dinner:** Fish, chicken, tofu, or soya chunks with vegetables

Note: Protein needs vary by body weight, activity level, and training goals. This guide offers a general beginner starting point, not a personalized plan — a coach or dietitian can help fine-tune exact targets as you progress.