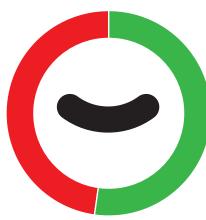


Where do you get your protein?

The protein content of 100g of meat-based foods (red) and meat-free alternatives (green)



Frankfurter 13.6g



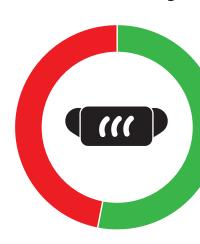
14.9g



Bacon Rashers, Streaky 23.8g

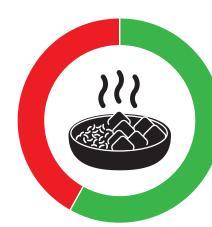


Vbites Meatfree Maple Cured Rashers 25.5g



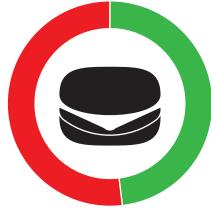
Sausage Rolls 9.9g

Linda McCartneys Sausage Rolls 11.3g



Waitrose Chicken Jalfrezi 12.1g

Vegan Chicken Jalfrezi 16.8g



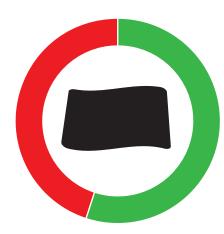
Big Mac 12.4g

Amy's Breakfast Sandwich 11.5g



Chicken Breast in Crumbs 18g

Fry's Goldencrumbed Schnitzels 11.7g



Ham Slices 18.4g

Vbites Meat-free Ham slices 22.5q



Chicken nuggets 10g

Fry's Chicken-style Nuggets 18.7q



Beef Mince. stewed19g

Meat the Alternative Beef-style mince (soya) 21.8g