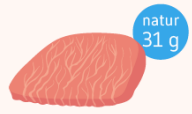


# Eiweißreiche Lebensmittel

## Tierische Eiweißquellen

pro 100 g



Schweineschnitzel



Putenschnitzel



Hinterkeule Kalb



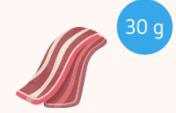
Truthahnbrust



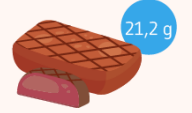
Hirschsteak



Schweinelende



Serranoschinken



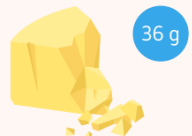
Rinderfilet



Eier gekocht



Griechischer Joghurt



Parmesan



Harzer Käse



Camembert



Hüttenkäse/körniger Frischkäse



Skyr



Magerquark

Hier findest du  
Proteinreiche Rezepte