

Protein Counter

>20g

e.g. meat, poultry, fish, supplements

100g chicken breast (31g) · 100g lean pork chops (29g) · 100g beef mince (25g) · 100g baked snapper (25g) · 30g protein powder (25g) · 100g lamb mince (23g) · 100g smoked salmon (22g)

11-20g

e.g. tofu, eggs, processed meats

100g tempeh (18g) · 2 rashers shoulder bacon (15g) · 500mL flavoured milk (15g) · small can tuna (14g) · 2 eggs (14g) · 100g tofu (14g) · 100g sausages (14g) · 100mL egg whites (11g)

6-10g

e.g. dairy, nuts, legumes

40g Cheddar cheese (10g) · 1 cup milk (9g) · 1/2 cup canned chickpeas (8g) · 2 slices whole grain bread (8g) · 150g Greek yoghurt (7g) · 30g peanut butter (7g) · 1 cup cooked oats (7g) · 1 cup soy milk (7g)

0-5g

e.g. veg, plant milks

1/2 cup peas (5g) · 1/2 cup cooked pasta (3g) · 1/2 cup cooked broccoli (2.5g) · 1/2 cup boiled spinach (2.1g) · 1 cup oat milk (1.8g) · 1/2 cup green beans (1.5g) · 1 cup almond milk (1.5g) · 1/2 boiled potato (1g)

Protein snack ideas

Hard boiled eggs · flavoured milk · roasted chickpeas · smoothie · Greek yoghurt & nuts · granola & yoghurt · lightly salted edamame · Bircher muesli · peanut butter on wholegrain toast · handful of nuts · small bowl of porridge · slice of cheese · protein shake · apple & nut butter · tuna & crackers · baked egg cups