



Protein cheat Sheet

Most people think they're eating enough protein, but in reality, a lot of us are running our bodies on far less than we need — and that's why we're still tired, hungry, or not seeing results in the gym.

Some examples of whole food protein sources and quantities:

Animal Protein

- Chicken breast – 120g cooked
- Lean beef – 120g cooked
- Salmon – 140g
- White fish – 150g
- Prawns – 150g
- Tuna – 1 tin
- Eggs – 4 large eggs

Dairy

- Greek yogurt – 200g
- Cottage cheese – 200g
- Skyr yogurt – 1 pot

Quick Options

- Protein yogurt – 20–25g
- Protein shake – 25–30g

Vegetarian Protein Options (25–30g)

- Tofu – ~200g
- Tempeh – 150g
- Lentils – 1½ cups cooked
- Chickpeas – 1½ cups cooked
- Edamame – 2 cups

Daily Protein portions:

- ➡ 3–4 servings per day
- ➡ Each serving = **25–30g**

Example day:

- Breakfast: Greek yogurt
- Lunch: Chicken
- Snack: Protein yogurt
- Dinner: Fish