



protein-rich foods

	FOOD	SERVING SIZE	PROTEIN
COMPLETE PROTEIN (best option)	Eggs	1 large egg	6g
	Bacon	4 rashers [#]	10g
	Beef	100g (roughly a palm sized portion)	30g
	Pork		
	Chicken		
	Fish		20g
	Jerky	30g	10g
	Shellfish	100g	20-25g
	Cheese	30g (matchbox size piece)	6g
	Yoghurt, natural	1/2 cup	5g
	Yoghurt, Greek	1/2 cup	10g
	Milk (cows)	1 cup	8g
INCOMPLETE PROTEIN (good for variety)	Raw nuts & seeds	30g [^]	6g
	Nut butter	1 tbsp	2-4g
	Chickpeas*	1/2 cup	7g
	Lentils*	1/2 cup	9g
	Tofu	Palm sized portion	10g
	Kidney beans*	1/2 cup	7g
	Hummus	4 tbsp	4g
	Quinoa, cooked	1 cup	8g
	Chia seeds	1 tbsp	2g
	Hemp seeds	1 tbsp	3g

[#] (depends on the size & thickness of the rashers, but ~30g)

* cooked or canned beans

[^] a portion that fits into a shot glass, or approximately covers your pointer and middle finger