



High Protein Foods

Protein has many benefits for long term health. It increases your metabolism, maintains and/or increases lean muscle mass, supports healthy everyday mechanisms in your body and can reduce your portion sizes and cravings.

Aim for 30g of protein at main meals and choose protein-rich snacks.

Meals



Oats,
yoghurt,
protein
powder
= 30g



High protein
bread and
peanut butter
= 30g



Tofu and
Pulse Pasta
= 30g



1/2 chicken
breast
(30g)

100g steak
(30g)

Portion of
salmon (30g)

Snacks



Eggs (6g)



YoPro (15g)



Tuna (15g)



Roasted
Edamame (23g)



Organic jerky
(15g)



Cottage
cheese (12g)

Drinks



Whey Protein
Isolate (25g)



Milk (8g)



Kefir (5g)



Collagen
(17g)