

Protein Cheat Sheet

Simple. Real life. No overthinking.

MAIN PROTEIN (Build your meals around these)

Palm-sized portion = approx:

- Chicken breast → 30g
- Lean beef → 25–26g
- Lamb → 25g
- Salmon → 22g
- 2 eggs → 12g
- Tuna (1 can springwater, drained) → 20–22g

👉 *Aim: 1 palm at lunch + dinner*

QUICK + EASY OPTIONS (Busy mum lifesavers)

- Greek yogurt ($\frac{3}{4}$ –1 cup) → 15–20g
- Protein shake → 20–25g
- Cottage cheese ($\frac{1}{2}$ cup) → 12–15g
- Milk (1 cup) → 8g
- High-protein yogurt → 15g+

👉 *Perfect for breakfast or grab-and-go snacks*

PLANT OPTIONS (Great for adding in)

- Lentils ($\frac{1}{2}$ cup) → 9g
- Black beans ($\frac{1}{2}$ cup) → 7–8g
- Chickpeas ($\frac{1}{2}$ cup) → 7g
- Hummus (2 tbsp) → 2–3g

- Tofu (100g) → 10–12g
- Tempeh (100g) → 18–20g
- Edamame (½ cup) → 9–11g

👉 *Tip: Combine a few to boost protein*

EXTRAS (Little boosts that add up)

- Peanut butter (1 tbsp) → 4g
- Oats (½ cup dry) → 5g
- Wholegrain bread (1 slice) → 4g
- Almonds (handful) → 6g
- Cheese (1 slice) → 5–7g

👉 *Think: bonus protein, not main protein*

KEEP IT SIMPLE

- ✓ Protein at every meal
- ✓ Aim for 20–30g per meal
- ✓ Add 1–2 protein snacks if needed

REAL TALK (From me to you)

You don't need to track everything.

Just start asking...

👉 “Where's my protein in this meal?”

That one question alone will shift things ✨

SAMPLE DAY (Busy, Real Life Style)

Breakfast

Greek yogurt + oats + berries

→ Protein: 20–25g

Morning Snack

Protein shake (or coffee + protein powder)

→ Protein: 20g

Lunch

Chicken salad wrap (chicken + salad + hummus)

→ Protein: 25–30g

Afternoon Snack

Apple + handful almonds + cheese slice

→ Protein: 10–12g

Dinner


Lean beef mince bowl (beef + rice + veg)

→ Protein: 25–30g

Optional (if needed)

Cottage cheese or yogurt

→ Protein: 10–15g

 **Daily Total: 110–140g protein**



Without overthinking.

Without restriction.

Just simple swaps + better structure.

💛 FINAL REMINDER

It's not about being perfect.

It's about:

- ✓ Being a little more intentional
- ✓ Building meals that actually fuel you
- ✓ Supporting your strength, energy & confidence