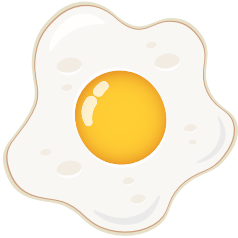


Protein Options

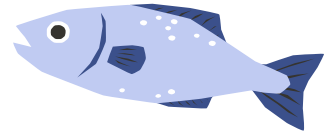
Your goal is to get 25-35g of protein at each main meal.



2 eggs = 12g



100g green veggies = 1-3g



100 g fish = 22g



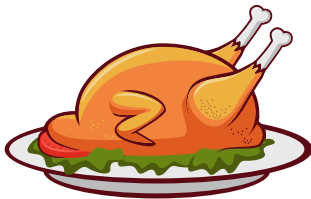
40g cheese = 10g



3tbs hemp seeds = 10g



1 cup milk = 9.6g



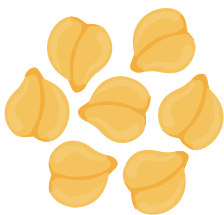
100g chicken = 27g



2tbs chia seeds = 4.5g



100g greek yoghurt = 9.1g



1 cup cooked
chickpea/bean/lentil =
15-18g



2tbs hummus = 2.4g



100g tofu = 8g



1/2 cup oats raw = 13g



1/4 cup mixed
nuts/seeds = 8-10g



100g red meat = 30g



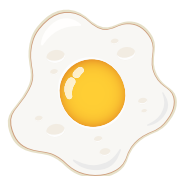
2tbs peanut butter = 8g



10g collagen = 9g

Meal Ideas

Your goal is to get 25-35g of protein at each main meal.



2 eggs = 12g



100g green
veggies = 1-3g



1 cup milk = 9.6g



10g collagen = 9g

32.6g



100g greek yoghurt = 9.1g



2tbs chia seeds = 4.5g



3tbs hemp seeds = 10g



2tbs peanut butter = 8g

31.6g



1 cup milk = 9.6g



2tbs chia seeds = 4.5g



1/2 cup oats raw = 13g

27.1g



100g green
veggies = 1-3g



100g chicken = 27g



1 cup cooked
chickpea/bean/lentil =
15-18g

44g



100g red meat = 30g



100g green
veggies = 1-3g



50g sheep/goat
cheese = 12.5g



2tbs hummus = 2.4g

46.9g