



PROTEIN CONTENT GUIDE

A quick reference for hitting your protein target without guessing. Serving sizes are as listed. Weigh meat raw where noted, since cooked weights shrink. Build each meal around a 25 to 40g protein anchor rather than saving it all for dinner. Get your protein from whole foods wherever you can. Refined and heavily processed protein products should only be used for emergencies.

ANIMAL SOURCES

Complete proteins: they carry all nine essential amino acids in one hit. They are also more bioavailable, meaning your body absorbs and uses more of what you eat, so a serve goes further.

PLANT SOURCES

Still full of essential amino acids, but each food is short on some, so mix and match through the day to cover your bases. They also carry more carbohydrate, so count that in if fat loss or blood sugar control is a goal.

● 30g+ per serve ● 15 to 29g per serve ● Under 15g, a topper not an anchor

FOOD	SERVING	PROTEIN
ANIMAL FOODS		
Chicken breast	120g (raw)	37g
Lamb, roast	120g	34g
Chicken thigh	120g	33g
Snapper	120g	32g
Steak, eye fillet	120g (raw)	30g
Prawns, large	10 pieces	30g
Tuna	120g (raw)	28g
Beef mince	120g (raw)	21g
Pork mince	120g (raw)	20g
Salmon	120g	19g
Chicken drumstick	Medium	16g
Egg, medium	1	6g
Anchovies, drained	4	3g
Chorizo, diced	1 Tbsp	2.7g
Dry fried bacon, chopped	1 Tbsp	1.7g

PLANT FOODS

Canned black or kidney beans	1 cup	14g
Tofu	100g	12.5g
Edamame, cooked & shelled	100g	11g
Puy lentils, cooked	100g	10g
Quinoa, cooked	100g	4.5g

FOOD	SERVING	PROTEIN
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NUTS & NUT BUTTERS

Peanuts, roasted	1/4 cup	9g
Almonds, roasted	1/4 cup	6.8g
Pistachios, roasted	1/4 cup	6.5g
Cashews, roasted	1/4 cup	5.2g
Hazelnuts, roasted	1/4 cup	5.1g
Pine nuts	50g	4.4g
Brazil nuts, raw	1/4 cup	4g
Walnuts, raw	1/4 cup	3.6g
Peanut butter	1 Tbsp	3.6g
Almond butter	1 Tbsp	3.4g
Pecans, roasted	1/4 cup	2.6g
Macadamia, raw	1/4 cup	2.6g

SEEDS

Hemp seeds, hulled	2 Tbsp	6.3g
Pumpkin seeds	2 Tbsp	4.4g
Chia seeds	2 Tbsp	3.3g
Sesame seeds	2 Tbsp	3.2g

FOOD	SERVING	PROTEIN
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CHEESE & DAIRY

Cottage cheese	1/2 cup	15g
Quark	100g	12g
Parmesan	30g	10g
Greek yoghurt	1/2 cup	10g
Gruyere	30g	8.5g
Swiss	30g	7.7g
Gouda	30g	7g
Mozzarella	30g	6.9g
Cheddar	30g	6.8g
Colby	30g	6.8g
Blue cheese	30g	6.1g
Halloumi	30g	6g
Brie	30g	5.9g
Feta, full fat	30g	4g
Ricotta	30g	3.2g

WANT HELP USING THIS?

LET'S SORT YOUR FUELLING

A free, no-pressure 15 minutes to work out what your training week actually needs. One-to-one or group coaching, in person or over Zoom.

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