

The following suggested protein sources contain between 20-40g of good quality protein and may help to increase total daily protein intake. In addition, the quantities suggested may provide practical considerations for an evenly spread per meal protein distribution for those looking to optimise body composition, muscle mass and functional capacity.

Protein Source	Quantity (Range)	Total Protein	Serving Suggestion/Meal Ideas
 Greek/Strained Yoghurt	220-350g	~20-32g	Add 1 tbsp of honey & mixed berries
Medium Eggs	4-6	~24-36g	Boiled/poached/scrambled/omelette
 Whey	30-40g	~22-30g	Add to porridge with milk / Creamy shake (add milk/water)
Protein Bar	1	~20g	Chocolate Chunk Protein Bar
 Beef Jerky	50-100g	~29-57g	As a snack
Chicken Breast	1	~35g	Marinated skewers with houmous & mixed veg
 Turkey	120-170g	30-40g	Turkey curry
Steak	6oz	~34g	Steak salad with garlic & chilli dressing
Beef Mince	150-200g	30-40g	Chilli con carne / Homemade burger
 Salmon	1-1½ Fillets	~27-40g	Salmon parcels with lemon & herbs / Salmon teriyaki
Tinned Tuna	1-1½	30-45g	Cheese and tuna jacket potato
 Prawns	200-300g	~28-42g	Ginger & lime prawn stir-fry
 Greek Yoghurt & Whey	200g & 30g	~40g	Greek chocolate mousse

Note: this is by no means an exhaustive list. Ideally, dietary protein recommendations and quantities need to be individualised with respect to population, goal(s) and dietary preferences and adjusted accordingly.

