

# HOW TO CONSUME 30G OF PROTEIN

What does 30g protein look like?

- 120g chicken breast  
133 calories
- 125g turkey mince  
135 calories
- 125g salmon fillet  
248 calories
- 145g fillet steak  
224 calories





## More ways to consume 30g of protein

- 280g 0% Greek yoghurt  
151 calories
- 38g whey protein  
157 calories
- 5 medium eggs  
325 calories
- 370g egg whites  
147 calories
- 360g tofu  
260 calories
- 300g fat free cottage cheese  
186 calories
- 6 turkey rashers  
174 calories
- 6 turkey sausages  
420calories