

A Guide to Protein-Rich Meals

Why is protein important?

- Builds and maintains muscle for an active lifestyle
- Essential for growth and repair of the body and good health
- Provides a satisfying meal for those who need to manage their weight



Good sources of protein

100g* lean beef	31g
100g* chicken breast	30g
100g* white fish	26g
170g tofu	18g
2 eggs	15g
170g (1 tub) reduced fat greek yoghurt	13g
40g (2 slices) reduced fat cheddar cheese	12g
250mL reduced fat milk	9g
100g canned legumes (lentils, chickpeas, kidney beans)	8g
200g* (1 cup) quinoa	8g
30g (1 tbsp) peanut butter	7g
30g (1 handful) almonds	6g

Cooking tips:

- 125g raw meat = 100g cooked
- 200g raw meat = 160g cooked
- 1/3 cup (50g) uncooked quinoa = 1 cup (200g) cooked

*cooked weight