



PROTEIN CHEAT SHEET

Knowing what to eat is only half the battle when it comes to healthy nutrition...you also have to know how much to eat.

Over time, food and drink portions have increased in size. And the more food we're served on the plate, the more food we consume, which leads to overeating.

With this awareness, i have put together this handy guide to help manage portion sizes, we can eat foods in a healthy, balanced way; building a better relationship around what we put into our body.

Most of us are aware of protein and its importance in the diet. Proteins are made up of amino acids, which are the building blocks of all tissues in your body, including muscles, nails, hair and more!

Without adequate amounts, your tissues will not grow correctly and this can cause health complications.

The main benefit of protein is the impact it has on your body's growth and maintenance. For example, if you're actively trying to build muscle, protein is essential, as it will help maintain your muscle mass, while also helping to repair muscle.

Aside from growth and maintenance, there are countless other benefits of protein, including transporting and storing nutrients around the body, keeping you feeling fuller for longer and also boosting the immune system.



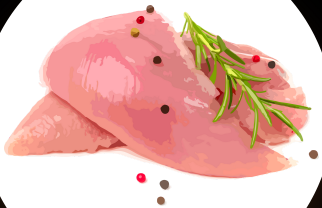
PROTEIN

LEAN PROTEIN

- Chicken Breast 80g
- Whey Protein Powder 25g
- Turkey Breast 80g
- Fage 0% Fat Yogurt 200g
- White Fish 100g
- Turkey Bacon 3 Rashers
- Egg Whites 200ml Liquid or 6 Medium Egg Whites

FATTY PROTEIN

- Chicken Thigh 80g
- Roast Pork 90g
- Lamb Chop 90g
- Salmon 90g
- 5% Beef Mince 100g
- Eggs Whole 3
- Sirloin Steak 80g



20 GRAMS PROTEIN

LEAN PROTEIN

- Chicken Breast 120g
- Whey Protein Powder 37.5g
- Turkey Breast 120g
- Fage 0% Fat Yogurt 300g
- White Fish 150g
- Turkey Bacon 4.5 Rashers
- Egg Whites 300ml Liquid
or 9 Medium Egg Whites

FATTY PROTEIN

- Chicken Thigh 120g
- Roast Pork 135g
- Lamb Chop 135g
- Salmon 135g
- 5% Beef Mince 150g
- Eggs Whole 4.5
- Sirloin Steak 120g



30 GRAMS PROTEIN

LEAN PROTEIN

- Chicken Breast 160g
- Whey Protein Powder 50g
- Turkey Breast 160g
- Fage 0% Fat Yogurt 400g
- Turkey Bacon 6 Rashers
- White Fish 200g
- Egg Whites 400ml Liquid
or 12 Medium Egg Whites

FATTY PROTEIN

- Chicken Thigh 160g
- Roast Pork 180g
- Lamb Chop 180g
- Salmon 180g
- 5% Beef Mince 200g
- Eggs Whole 6
- Sirloin Steak 160g




40 GRAMS PROTEIN

- Tofu 250g
- Quorn Mince 160g
- Tempeh 100g
- Edamame 140g
- Lentils 80g
- Chick Peas 400g
- Quinoa 500g
- Chia Seeds 120g
- Seitan 80g
- Kidney Beans 230g
- Protein Powder 25g
- Spirulina 30g



20 GRAMS PROTEIN

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- Tofu 375g
 - Quorn Mince 240g
 - Tempeh 150g
 - Edamame 210g
 - Lentils 120g
 - Chick Peas 600g
 - Quinoa 750g
 - Chia Seeds 180g
 - Seitan 120g
 - Kidney Beans 345g
 - Protein Powder 37.5g
 - Spirulina 45g



30 GRAMS PROTEIN

MHI | PERSONAL
TRAINING
& NUTRITION COACHING