



How to Hit Your Protein Goals

PRACTICAL TIPS TO HIT YOUR DAILY PROTEIN GOALS

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PLANT BASED PROTEIN

ANIMAL BASED PROTEIN

PROTEIN PER 100g

CHICKPEAS



7g

OATS



11g

TOFU



13g

2 EGGS



12g

TURKEY MINCE



25g

CHICKEN BREAST



32g

BROWN RICE



3g

QUINOA



4g

LENTILS



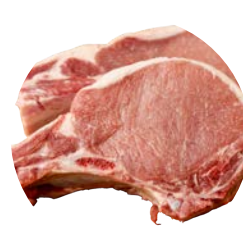
6g

BEEF STEAK



31g

PORK CHOP



31g

LAMB CHOP



29g

CASHEWS



18g

PEANUT BUTTER



28g

ALMONDS



29g

TINNED TUNA



25g

SALMON



24g

MACKEREL



24g

SUNFLOWER SEEDS



20g

CHIA SEEDS



17g

PROTEIN POWDER



80g

PRAWNS



20g

WHITE FISH



19g

GREEK YOGURT



10g

SPINACH



3g

BROCCOLI



4g

EDAMAME



12g

COTTAGE CHEESE



12g

CHEDDAR CHEESE



25g

WHOLE MILK



3g

How to Hit Your Protein Goals

Why protein is so important

Protein is essential for:

- building and repairing tissues
- supporting muscle growth and repair
- maintaining healthy skin, hair, and nails
- producing enzymes and hormones.

It plays a critical role in keeping you full and satisfied, as it burns slower than carbohydrates which means it helps:

- maintain your energy levels throughout the day
- keep blood sugar stable
- keep cravings in check, making it a key component for weight management.

Tips to hit your protein goals

Hitting your protein goals ensures your body has the building blocks it needs to function optimally, especially during times of physical activity or recovery.

To meet your daily protein needs, include a source of protein with every meal, such as eggs or a protein smoothie for breakfast, chicken or tofu at lunch, and fish or lentils at dinner. Snack on protein-rich foods like almonds, roasted chickpeas or homemade protein balls and consider a high-quality protein powder for convenience.

Planning ahead and keeping a variety of protein options on hand makes it easier to meet your goals while enjoying a balanced diet.



How to Hit Your Protein Goals

Complete vs Incomplete Proteins

Complete Proteins

Contain all nine essential amino acids in the right proportions.

Examples: Meat, poultry, fish, eggs, dairy, soy, quinoa, and buckwheat.

Incomplete Proteins

Lack one or more of the essential amino acids.

Examples: Most plant-based foods like beans, lentils, nuts, seeds, grains, and vegetables.

Why This Matters

If you consume only incomplete proteins, your body may not get enough of certain amino acids to properly build and repair tissues, including muscles.

However if you eat a variety of plant-based foods, combining different incomplete proteins can provide all the essential amino acids your body needs. This is called complementary proteins.

Examples of Complementary Proteins:

- Rice + Beans
- Hummus (Chickpeas) + Whole Grain Pita
- Peanut Butter + Whole Grain Bread
- Lentils + Quinoa

When these combinations are eaten together (or within the same day), they form a complete protein profile.

So, "incomplete protein" doesn't mean the food is bad—it just means it needs to be paired with other protein sources to ensure you get a full amino acid profile!



Sample Day to Hit Your Protein Goals

This plan provides slightly over 100g protein to account for slight variations in food sizes and cooking methods. It includes a variety of high-quality protein sources from both plant and animal sources to ensure balance and nutrition, however you can create your own daily menu to hit your protein goals. (Quantity provided for key protein source only) but all the other small amounts add up!)

BREAKFAST

Savoury Breakfast

2 scrambled, boiled, or poached eggs (12g)

- Add spinach, mushrooms and capsicum and a slice of whole grain toast with 1/2 avocado for a balanced meal

OR

Protein Smoothie

- Protein powder (20-25g) with spinach, berries, 1/2 tablespoon chia seeds (8g) and avocado for a balanced meal

LUNCH

Grilled Chicken Breast 113g/4oz (25g protein)

- Serve with quinoa or brown rice, veggies or salad, and olive oil for a balanced meal.

DINNER

Baked or Grilled Salmon (85g/3oz) (22g protein)

- Serve with steamed broccoli and choice of veggies and brown rice or roasted sweet potato for additional protein and a nutrient-packed dinner.

SNACK IDEAS

- Boiled Egg
- Apple & 25g Almonds or almond butter
- Small handful of roasted chickpeas or edamame beans
- Veggie sticks and hummus
- Protein smoothie

