

Protein Portion Guide: How Much Food to Eat for 30g of Protein

Aim for 1.5 - 2 g per kg of desired bodyweight - e.g. 70kg = 105g - 140g protein per day

Food Source	Approximate Weight Needed for 30g Protein	Notes
Chicken breast (cooked)	120 g	Lean, high protein
Beef steak (cooked)	130 g	Choose lean cuts
Pork loin (cooked)	130 g	Leaner than other pork cuts
Lamb (cooked)	140 g	Typically higher fat
Turkey breast (cooked)	120 g	Very lean and high protein
Salmon (cooked)	135 g	Rich in omega-3 fats
Tuna (cooked or canned)	115 g	Very high protein density
Prawns (cooked)	140 g	Low fat, high protein
Cod (cooked)	150 g	Very lean white fish
Tofu (firm)	260 g	Higher protein when firm
Tempeh Plant-based	150 g	Fermented soy, very high protein
Lentils (cooked)	270 g	Good fiber and plant protein
Chickpeas (cooked)	285 g	High fiber, & folate, moderate protein
Quinoa (cooked)	330 g	Complete plant protein
Edamame (cooked, shelled)	155 g	Excellent plant-based protein source

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Food Source	Approximate Weight Needed for 30g Protein	Notes
Cottage cheese (low-fat)	180 g	High protein, low fat
Greek yogurt (plain, non-fat)	260 g	Thick, rich in protein
Hard cheese (e.g., cheddar)	100 g	Dense, calorie rich
Milk (skim)	1000 g (1 litre)	Protein diluted over large volume
Eggs (whole) Dairy/Egg	5 large eggs (~250 g total)	~6g protein per egg
Butter (lima) beans	400 g	High in fibre and iron

