



HOW TO GET 30G OF PROTEIN IN ONE MEAL?



DID YOU KNOW?

Nearly all whole foods contain
at least some protein – even
fruits and vegetables



WHY PROTEIN MATTERS?

Protein is an essential nutrient that supports muscle maintenance, hormone production, immune function, and keeps you fuller for longer.

On average, aiming for 25–30g of protein per main meal helps balance energy, maintain muscle mass, and support long-term health.

HOW MUCH PROTEIN DO YOU REALLY NEED?

It depends on:

- Your age
- Your current weight
- How active you are (and if you do strength training)
- Your health goals (muscle building, weight loss, longevity, etc.)

General guideline:

- Sedentary adults: minimum 0.8 g protein per kg of body weight
- Active adults: 1.2–2.0 g/kg
- Older adults: often benefit from 1.2–1.5 g/kg to prevent muscle loss

ALMOST ALL FOODS CONTAIN PROTEIN

According to nutrition science, nearly all whole foods contain at least some protein – even fruits and vegetables. For example:

- 100g raspberries → 1g protein
- 100g steamed broccoli → 4g protein
- 100g oats → 14g protein
- 100g chicken breast → 23g protein

So, when planning meals, protein-rich foods (meat, fish, eggs, dairy, legumes, soy, nuts, seeds) make it easier to reach your daily protein target.

30 FOODS THAT HELP YOU REACH 10G OF PROTEIN

Here's how much of each below food gives you roughly 10g protein:

Animal-based sources

32g - Chicken breast (cooked)
34g - Turkey breast (cooked)
38g - Beef steak (lean, cooked)
38g - Pork tenderloin (cooked)
40g - Salmon (cooked)
40-44g - Tuna (canned in water)
50g - Cod (cooked)
42g - Shrimp (cooked)
1.5-1.6 large eggs - Eggs
56g - Curd cheese (0.5% fat)
90g - Cottage cheese (2-4% fat)
100-125g - Greek yoghurt (plain, 2%-5% fat)
90-100g - Skyr yoghurt
40g - Cheese (Cheddar, Gouda)
28-30g - Parmesan cheese

Plant-based sources

110g - Lentils (cooked)
113g - Black beans (cooked)
115g - Kidney beans (cooked)
120g - Chickpeas (cooked)
90g - Edamame beans (cooked)
125g - Tofu
53g - Tempeh
230g - Quinoa (cooked)
77g - Oats (dry) (400g cooked)
40g (2.5 tbsp) - Peanut butter
48g (about 35 almonds) - Almonds
48g - Sunflower seeds
33g - Pumpkin seeds
32g - Hemp seeds
59g - Chia seeds

(note: nuts and seeds are very calorie-dense!)

EXAMPLE: HOW TO BUILD A 30G PROTEIN MEAL

- 200g Skyr yoghurt (\approx 22g protein) + 30g almonds (\approx 6g protein) + 1 tbsp (12g) chia seeds (\approx 2g protein) → **30g total** (add a handful of berries!)
- 90g chicken breast (\approx 37g protein) + $\frac{1}{2}$ cup quinoa (92g) (\approx 4g protein) → **32g total** (add half a plate of vegetables!)
- 100g tuna (canned in water \approx 24g protein) + 2 boiled eggs (\approx 12g protein) → **36g total** (add half a plate of vegetables!)
- 150g tofu (\approx 12g protein) + 100g lentils (\approx 9g protein) + 25g pumpkin seeds (\approx 6g protein) → **29g total** (add half a plate of vegetables)