WITH GRAMS OF PROTEIN

High protein *grocery list*

Tick what you need before you shop. $ marks budget-friendly picks. Aim for roughly 20–40 g of protein per meal. Values are approximate, so check labels.

MEAT & POULTRY

	FOOD	PORTION	PROTEIN
☐	Chicken breast, cooked	100 g	**31 g**
☐	Chicken thigh, skinless, cooked $	100 g	**25 g**
☐	Turkey breast, cooked	100 g	**29 g**
☐	Lean beef mince (5%), cooked	100 g	**26 g**
☐	Pork tenderloin, cooked	100 g	**26 g**
☐	Deli turkey	4 slices	**10 g**
☐	Beef jerky	28 g	**9 g**

EGGS & DAIRY

	FOOD	PORTION	PROTEIN
☐	Eggs $	1 large	**6 g**
☐	Liquid egg whites $	100 g	**11 g**
☐	Greek yogurt, plain $	170 g pot	**17 g**
☐	Skyr	150 g	**16 g**
☐	Cottage cheese $	1 cup	**25 g**
☐	Milk $	250 ml	**8 g**
☐	Kefir	250 ml	**9 g**
☐	String cheese	1 stick	**7 g**
☐	Parmesan	28 g	**10 g**

FISH & SEAFOOD

	FOOD	PORTION	PROTEIN
☐	Canned tuna in water, drained $	1 can	**25 g**
☐	Salmon fillet, cooked	100 g	**22 g**
☐	Shrimp / prawns, cooked	100 g	**24 g**
☐	Tilapia, cooked $	100 g	**26 g**
☐	Cod, cooked	100 g	**20 g**
☐	Sardines, canned $	1 can	**22 g**

PLANT PROTEIN

	FOOD	PORTION	PROTEIN
☐	Lentils, cooked $	1 cup	**18 g**
☐	Chickpeas, cooked $	1 cup	**15 g**
☐	Black beans, cooked $	1 cup	**15 g**
☐	Edamame, shelled	1 cup	**18 g**
☐	Extra-firm tofu $	100 g	**15 g**
☐	Tempeh	100 g	**20 g**
☐	Green peas, cooked $	1 cup	**8 g**
☐	Quinoa, cooked	1 cup	**8 g**

SNACKS & EXTRAS

	FOOD	PORTION	PROTEIN
☐	Whey or plant protein powder	1 scoop	**24 g**
☐	Peanut butter $	2 tbsp	**7 g**
☐	Pumpkin seeds	28 g	**8 g**
☐	Almonds	28 g	**6 g**
☐	Hemp hearts	3 tbsp	**10 g**
☐	Oats, dry $	40 g	**5 g**
☐	Protein bar	1 bar	**20 g**

EASY 30 G MEALS

- **Breakfast:** 3 eggs + a pot of Greek yogurt
- **Breakfast:** overnight oats with milk + 1 scoop protein
- **Lunch:** tuna or chicken wrap with salad
- **Lunch:** lentil soup + cottage cheese on toast
- **Dinner:** chicken, rice and roast veg
- **Dinner:** salmon, potatoes and green beans
- **Dinner:** tofu stir-fry + edamame
- **Snack:** skyr + berries + pumpkin seeds

ALSO ON MY LIST

VEG, FRUIT & CARBS

Hit your protein daily

Habpic's Nourished and Stronger Days challenges count your protein meals for you, with a weekly meal plan and 30 g meal ideas.

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