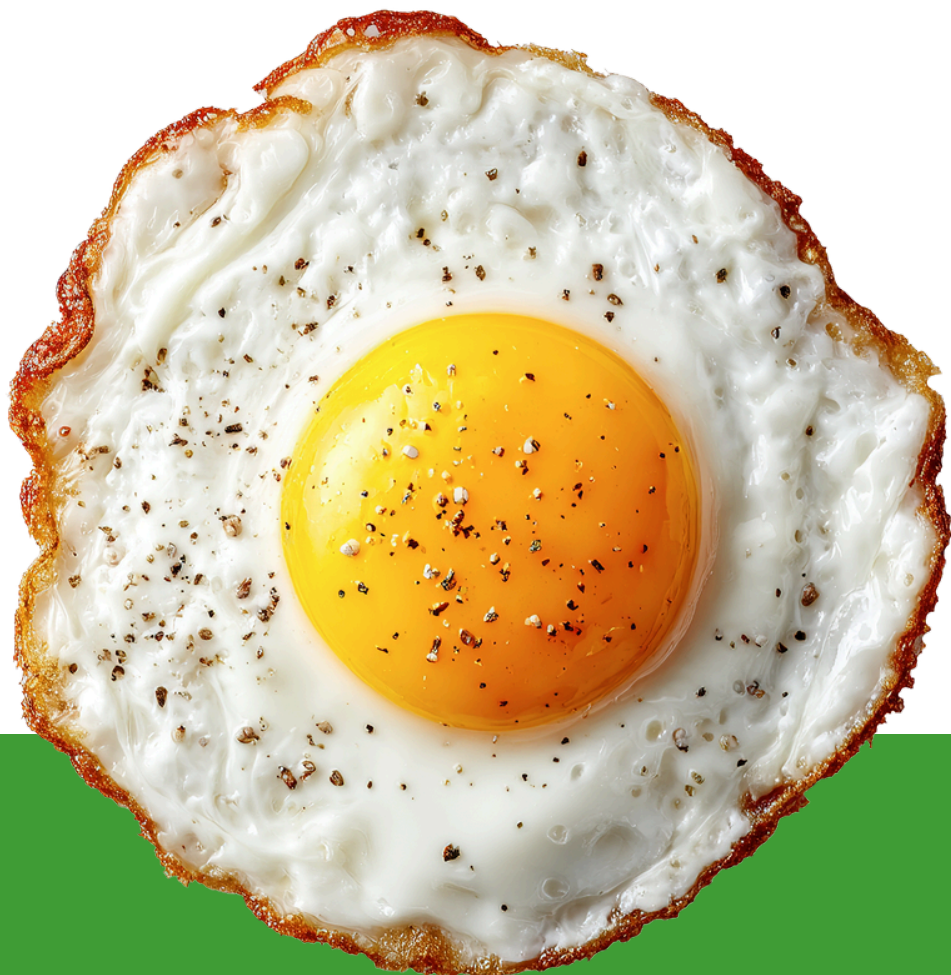


PROTEIN CHEAT SHEET

How to Meet Your Daily Target...



Free Guide!

PROTEIN:

Protein is everywhere right now
& for good reason!

- ✓ Keeps you fuller longer
- ✓ Helps maintain muscle
- ✓ Supports stable blood sugar



It can be difficult to know how much you need
or how to hit this target day-to-day...

That's exactly what my **FREE**
Nutrition Guide helps with...

PROTEIN

CHEAT SHEET:

See the full Nutrition Guide on
[TruthAboutWeight.ie](https://www.truthaboutweight.ie) for your free meal plan!



2 Eggs
14g protein



125g Greek Yoghurt
13g protein



200ml Cows Milk
7g protein



100g Cottage
Cheese
9g protein



1 Small
Chicken Breast
26g protein



120g Steak
28g protein



1 Small
Salmon Darn
22g protein



Tin Tuna
72g drained
18g protein

PROTEIN CHEAT SHEET:



100g Ground Turkey
24g protein



1/2 Can of
Butter Beans
8g protein



100g
Black Beans
9g protein



100g
Duck Breast
20g protein



100g Quinoa
5g protein



100g Tuna Steak
25g protein



Cod Fillet
21g protein



1/2 Can Kidney Beans
9g protein

PROTEIN CHEAT SHEET:



80g Edamame
8g protein



Tbsp Peanut Butter
3.5g protein



70g Tofu
12g protein



200ml Almond Milk
1.4g protein



2tbsp Chia Seeds
4g protein



1/2 Cup Lentils
7g protein



200ml Soya Milk
7g protein



30g Almonds
6.3g protein

Hit Your Protein Target!

My Free Nutrition Guide Includes:

- ✓ Free Meal Plan & Recipe Book
- ✓ Shopping List Template
- ✓ Easy Swaps

View the Full Guide at [TruthAboutWeight.ie](https://www.truthaboutweight.ie)



Nutrition Guide