



Meat & Fish Protein Sources by portion



5+
days

One typical chicken breast (145g)
30g protein
154 kcal
1.6g fat
0g carbs



5+
days

One typical salmon fillet (94g)
23.8g protein
197 kcal
11.3g fat
0g carbs



Tuna Steaks (frozen)
One typical tuna steak (90g)
29.1g protein
123 kcal
0.7g fat
0g carbs



5+
days

Turkey Breast (95g)
23.7g protein
115 kcal
2.0g fat
0.6g carbs



1+
weeks

Rump Steak
One steak (255g)
51.8g protein
437 kcal
25.5g fat
0g carbs



3+
days

One typical cod fillet (140g)
25.1g protein
112 kcal
1.3g fat
0g carbs



3+
days

One typical fillet (95g)
13.2g protein
109 kcal
6.3g fat
0g carbs



3+
days

Per typical loin peice (140g)
23.7g protein
100 kcal
0.6g fat
0g carbs