

PROTEIN SERVING CHEAT SHEET

Understanding Portion Sizes

	P - 20g	P - 30g	P - 40g
Chicken Breast	90g	135g	180g
Chicken Mince	105g	160g	210g
Chicken Thigh	110g	160g	220g
Eggs	3 eggs	5 eggs	6.5 eggs
Egg whites	180g	270g	360g
Turkey Breast	95g	140g	190g
Turkey Mince	100g	150g	200g
Lean Beef Mince	90g	135g	180g
Porter house steak	100g	150g	200g
Pork mince	100g	155g	205g
Salmon	100g	150g	200g
Basa Fillet	130g	195g	260g
Kangaroo steak	95g	145g	190g
Pork Cutlets	100g	150g	200g
Prawns	120g	180g	240g
Tin Tuna	80g	120g	160g

All Weights are raw weights and may vary slightly

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