

Protein record chart

USE THIS TABLE TO RECORD YOUR PROTEIN
INTAKE PER MEAL & TOTAL PER DAY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
DRINKS							
TOTAL							

- PROTEIN CONTENT OF
TYPICAL FOODS (PER
100G UNLESS SPECIFIED)
- **COOKED BEEF** 35G
 - **COOKED CHICKEN** 31G
 - **COOKED SALMON** 25G
 - **COOKED COD** 20G
 - **2 SCOOPS NUZEST
PROTEIN POWDER** 21G
 - **1 TBSP COLLAGEN POWDER**
13.5G
 - **TEMPEH** 19G
 - **COOKED CHICKPEAS** 6.4G
 - **1 LARGE EGG** 6G
 - **COOKED QUINOA** 5.8G
 - **BLACK BEANS** 5.3G
 - **GREEN LENTILS** 4.3G
 - **COOKED BROWN RICE** 2.3G

DAILY PROTEIN GOAL
= 1.6 G PER KG
BODYWEIGHT
EXAMPLE: FOR SOMEONE
WEIGHING 63.5 KG (10
STONE) THE GOAL IS
APROX 101 G = 34 G PER
MEAL

**MY DAILY PROTEIN
GOAL:**