







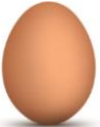






















<b>&lt;15 g PROTEIN/ SERVE</b>		<b>15- &lt; 30g PROTEIN/ SERVE</b>		<b>≥ 30g PROTEIN/ SERVE</b>	
<b>&lt;5g</b>	<b>5- &lt;15g</b>	<b>15- &lt; 30g</b>	<b>30- &lt;45g</b>	<b>45- 60g</b>	<b>60- 90g</b>
 <p>Serve fruit/vegetables <b>&lt;1g protein</b></p>  <p>Oil/margarine/sauce/dip <b>&lt;1g protein</b></p>  <p>1 medium scoop ice cream - <b>1.5g protein</b></p>  <p>100g cooked Rice/pasta <b>1-2g protein</b></p>  <p>1 slice bread <b>2-3g protein</b></p>  <p>Unfortified cereal <b>2-4g protein/serve</b></p>	 <p>¼ cup nuts / Tbs peanut butter <b>5-7g protein</b></p>  <p>2-3 slices deli meat <b>5-8g protein</b></p>  <p>1 egg, <b>6g protein</b></p>  <p>½ cup baked beans/legumes/lentils <b>7g protein</b></p>  <p>150g tub yoghurt/1 cup milk / 2 slices cheese <b>8-10g protein</b></p>  <p>1 sausage <b>10g protein</b></p>	 <p>95g Tin fish <b>14-18g protein</b></p>  <p>2 chicken tenders <b>15g protein</b></p>  <p>6 chicken nuggets <b>15g protein</b></p>  <p>Ham and cheese sandwich <b>18-22g protein</b></p>  <p>½ cup (70g) cooked mince/ 1Burger Patty, <b>20g protein</b></p>  <p>2 egg omelette with cheese <b>20g protein</b></p>  <p>2 taco/wrap with meat and cheese <b>24g protein</b></p>  <p>1 lamb chop <b>25g protein</b></p>	 <p>100g cooked meat <b>30g protein</b></p>  <p>125-150g cooked salmon (1/2 fillet) <b>33g protein</b></p>  <p>large serve lasagne/shepherd's pie ~ 400g <b>40g protein</b></p>  <p>3-4 slices meat pizza <b>30-40g protein</b></p>  <p>Takeaway burger <b>30-40g protein</b></p>	 <p>Half rack pork ribs (~6 ribs) <b>45g protein</b></p>  <p>Large (takeaway meat and cheese burrito / kebab) <b>46-55g protein</b></p>  <p>200g cooked rump steak <b>55g protein</b></p>  <p>200g cooked chicken breast <b>60g protein</b></p>	