

A collection of animal-based protein sources arranged on a light blue surface. In the background, there is a carton of brown eggs, a wedge of Swiss cheese, and a piece of fresh salmon. In the foreground, two pieces of grilled chicken are served on a round wooden platter, garnished with fresh rosemary. To the right, a glass jar of white yogurt is visible, and two metal measuring spoons lie on the surface. The entire scene is softly lit, creating a clean and healthy aesthetic.

# Animal Protein Guide

DM me "PROTEIN" on Instagram [[@connagh92](#)] or click here to book your free strategy call → [[Calendly link](#)]

# Why Animal Protein Works

Straight to the point:

## Complete Amino Acids

Contains all essential amino acids = more muscle retention during fat loss

## Satiety

Keeps you fuller for longer = fewer cravings

## Macronutrient Profile

Typically lower in carbs = easy to track

## Body Function Support

Supports recovery, hormones, metabolism



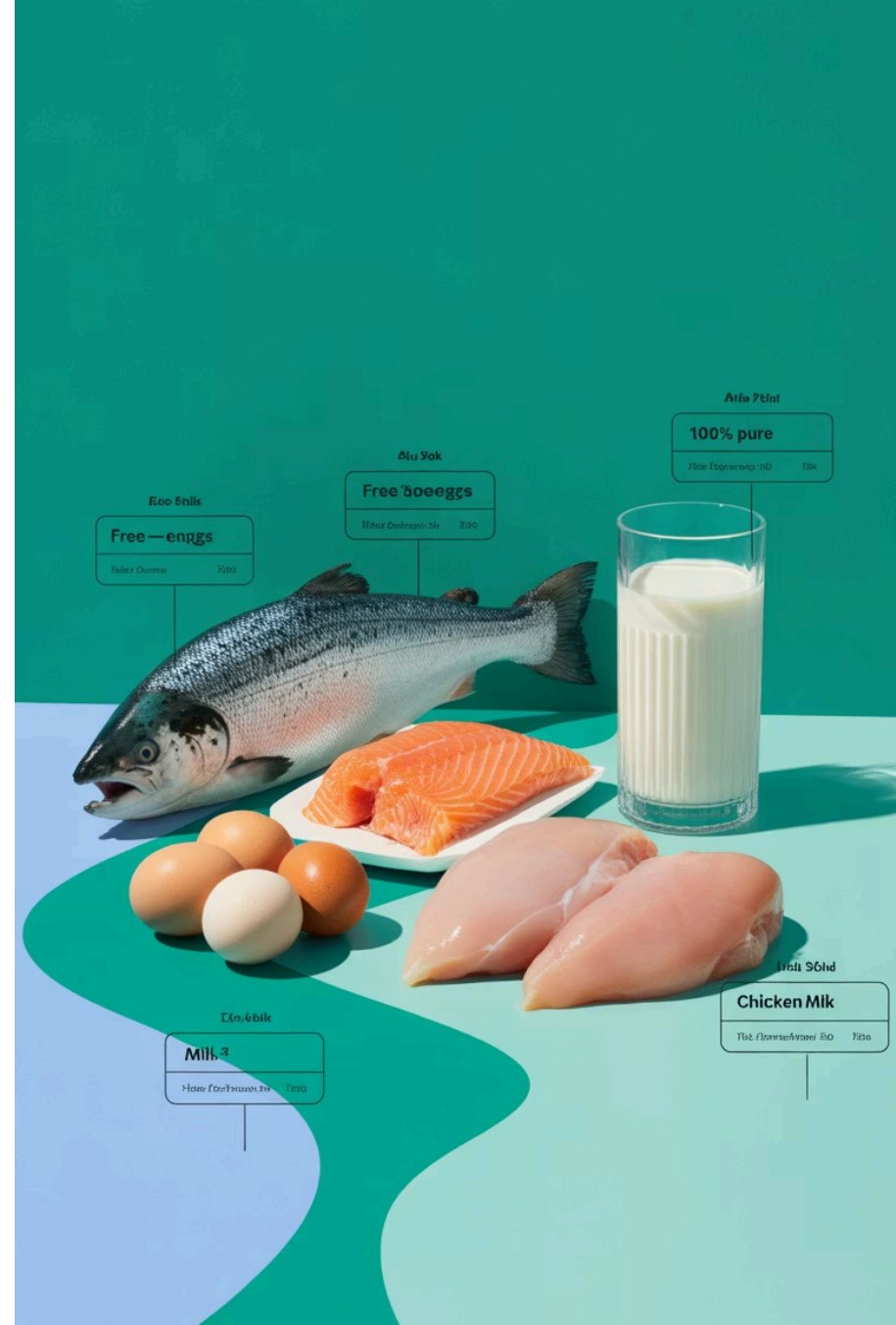
## How much?

Aim for 1.2–2g of protein per kg body weight (70kg = 84–140g daily)

# Animal Protein Sources Guide

Each entry includes:

- Portion size
- Protein / Carbs / Fat
- Calories
- Meal ideas





# 20+ Animal Protein Sources

1

## Poultry



- Chicken Breast** (100g cooked)  
165 kcal | 31g P | 0g C | 3.6g F  
→ Stir fry, wraps, pasta
- Turkey Breast** (100g cooked)  
135 kcal | 29g P | 0g C | 1g F  
→ Lettuce tacos, meal prep bowls
- Turkey Mince** (100g, 5% fat)  
135 kcal | 27g P | 0g C | 3g F  
→ Meatballs, stuffed peppers, traybake

2

## Eggs



- Eggs** (2 medium)  
140 kcal | 12g P | 1g C | 10g F  
→ Scrambled, boiled, frittata
- Egg Whites** (5 whites)  
85 kcal | 18g P | 1g C | 0g F  
→ Omelette booster, protein oats

Fish & Seafood	Calories	Macros (P C F)	Meal Ideas
Tuna (canned in water, 1 tin)	120 kcal	26g   0g   1g	Tuna melt, salad, pasta pot
Salmon (100g)	206 kcal	22g   0g   13g	Air-fried, on toast, with roast veg
Cod (100g)	105 kcal	23g   0g   1g	Fishcakes, tacos, grilled with lemon
Prawns (150g cooked)	100 kcal	24g   1g   1g	With rice, in curry, tossed in salad

## Beef & Pork

- Beef Mince** (100g, 5% fat)  
137 kcal | 22g P | 0g C | 5g F  
→ Spag bol, burgers, rice bowls
- Sirloin Steak** (100g grilled)  
170 kcal | 24g P | 0g C | 8g F  
→ Steak salad, fajitas, stir fry
- Pork Loin** (100g)  
170 kcal | 29g P | 0g C | 6g F  
→ Roast dinner, meal prep boxes

## Processed Meats

- Lean Ham** (100g)  
120 kcal | 20g P | 1g C | 4g F  
→ In sandwiches, egg wraps
- Bacon Medallions** (2 rashers)  
90 kcal | 10g P | 0g C | 5g F  
→ Breakfast, BLT wrap, snack box

## Dairy & Protein Products



- Cottage Cheese** (150g, low fat)  
120 kcal | 16g P | 6g C | 3g F  
→ With fruit, on toast, savoury dip
- Skyr** (150g)  
100 kcal | 17g P | 6g C | 0g F  
→ With granola, blended in smoothies
- Quark** (100g)  
70 kcal | 12g P | 4g C | 0.3g F  
→ On pancakes, with berries, in oats
- Greek Yoghurt** (150g, 0%)  
90 kcal | 15g P | 4g C | 0g F  
→ Yoghurt bowl, overnight oats, smoothies
- Whey Protein** (1 scoop)  
110 kcal | 22g P | 1g C | 2g F  
→ Shakes, porridge, pancakes
- Protein Pudding** (ready-to-eat)  
150 kcal | 20g P | 7g C | 4g F  
→ Grab & go snack, dessert swap
- Hard Cheese** (30g cheddar)  
125 kcal | 8g P | 0g C | 10g F  
→ Add to wraps, crackers, egg muffins
- Mozzarella Light** (50g)  
125 kcal | 11g P | 1g C | 8g F  
→ Melts, salads, baked into dishes

# High-Protein Animal-Based Snacks

All snacks featured are:



**Under 250 kcal**



**10–30g protein**



**No prep or super quick**



# 20 Snack Ideas with Calories + Protein



**Boiled Eggs (2)**  
140 kcal | 12g P



**Light Babybel (2)**  
84 kcal | 10g P



**Tuna Pouch + Crackers**  
200 kcal | 20g P



**Skyr + 1 tsp honey**  
120 kcal | 17g P



**Turkey Slices + Light Cheese**  
150 kcal | 18g P



**Greek Yoghurt + Berries**  
150 kcal | 15g P



# More High-Protein Snack Ideas



**Protein Shake (with milk)**  
180 kcal | 25g P



**Cottage Cheese + Pineapple**  
160 kcal | 16g P



**Protein Pudding (Müller or Aldi)**  
150 kcal | 20g P



**Cold Prawns + Sweet Chilli Dip**  
130 kcal | 20g P



**Ham + Pickles**  
120 kcal | 15g P



**Chicken Strips (air-fried)**  
170 kcal | 20g P



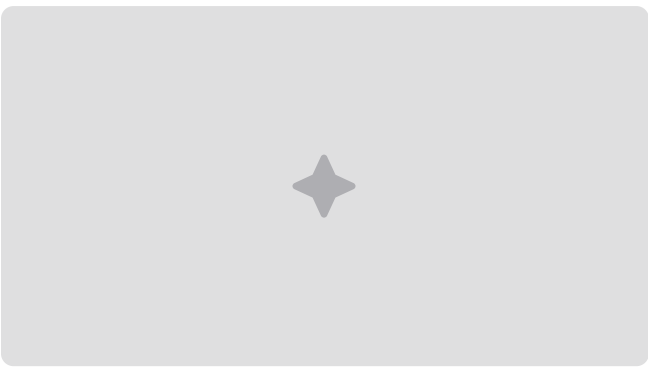
**Egg Wrap (1 egg + turkey slices)**  
180 kcal | 20g P



# More Protein Snack Options



**Protein Yoghurt Bar (e.g. UFIT)**  
170 kcal | 15g P



**Salmon Slices + Cucumber**  
160 kcal | 18g P



**Mini Chicken Skewers**  
200 kcal | 22g P



**Quark + Granola Dust**  
150 kcal | 15g P



**Bacon Medallions in Wrap**  
190 kcal | 18g P



**Cheese Stick + Hard-Boiled Egg**  
180 kcal | 14g P



**Beef Jerky (25g)**  
95 kcal | 12g P



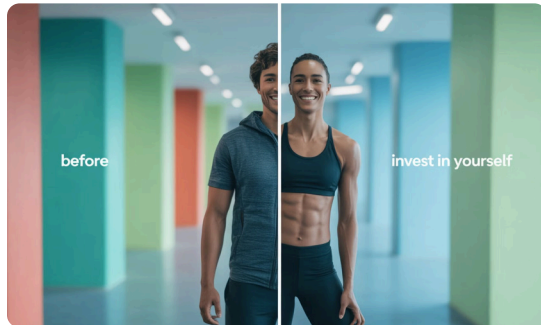
# "Build-Your-Day" Protein Template

Meal	Protein Option	Est. Grams
Breakfast	Eggs + turkey rashers	25g
Snack	Skyr + Babybel	27g
Lunch	Chicken wrap	35g
Snack	Cottage cheese & fruit	16g
Dinner	Salmon + rice & veg	35g
Total		138g

# Fast FAQs (Protein Edition)

## Will too much protein make me bulky?

Nope. It builds lean muscle, not mass.



## Do I need a shake?

Nope — food first, shake if you're short on time.



## Can I eat the same thing daily?

Yes, but variety = better digestion & enjoyment.





**You've got the protein sorted — now let's sort your plan.**

 Book your 1:1 fat loss game plan call →

<https://calendly.com/awaken-coaching>

Need help hitting your targets without tracking? I got you.

