

# FOOD 1ST:

**REPLACE 1 scoop of protein powder (20-25g) with one of these food sources**



½ medium chicken fillet



2 slices baked beans on toast



60g beef steak



3 slices toast with peanut butter



2 pilchards



2 jumbo eggs



1 cup mixed nuts



50g biltong



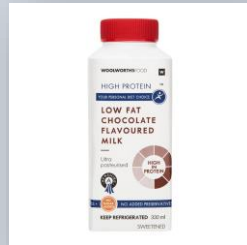
90g cheddar / gouda cheese



1 high protein drinking yoghurt



100g salmon



1 high protein milk carton



150g yoghurt + 1/3 cup almonds



90g mince



100g tuna