



Good Loop Nutrition

30 grams of protein-Breakfast guide

Reduce cravings, Up your game, Build muscle

simply 30, 20+10, 15+15, 10+10+10, 20+5+5...

30 grams	20 grams	15 grams	10 grams	5 grams
1 chicken breast	med. burger patty	160 g tofu(firm)	2 med. eggs	100-150 g yogurt
120 g liver	100 tempeh	130 g buckwheat	40-50 g cheese	1/2 cup oats
100 g tuna	90 g cheese	1 cup beans	90 g cottage c.	55 g tofu(silken)
120 g Salmon		100 g prawns	110 g lentils	1 tbspn chia seeds
			100 g rice	120 g chickpeas

Benefits of protein powered breakfast

Various studies have found that eating more protein at breakfast tends to: Burn more calories, increase satiety, decrease cravings (for carbs), improve muscle tone and mood. The list above is not exhaustive, note even a bell pepper has 1 g of protein.

nuts, seeds and protein powders

30 g (a handful) approx

nuts 6 g protein

seeds 7-9 g protein

20 g of protein powders

hemp: 10 g approx

whey, pea: 16 g approx