



High Protein

LOW CALORIE

swaps



UNDERSTANDING PROTEIN EFFICIENCY

Protein efficiency is about getting the most protein for the fewest calories.

Choosing more efficient protein sources can help you:

- Reach your daily protein goals
- Support muscle strength and recovery
- Keep calories lower to help with weight management

HOW TO IMPROVE PROTEIN EFFICIENCY

- **Adjust carbs and fats:** By reducing the amount of higher-calorie carbohydrates and replacing them with lower-calorie vegetables, and by either lowering the amount of fats or choosing lower-fat alternatives, you can make room for more protein while keeping your overall calorie intake balanced.
- **Check nutrition labels:** Even similar products can vary greatly between brands, with different recipes changing their calorie content. Using the per 100g/100mL column makes comparisons accurate and can help you choose options that save calories.

EXAMPLES

Below are typical meal examples for breakfast, lunch, and dinner.

- The **first version** highlights products, brands, and quantities that result in the most calorie-dense and least protein-efficient meals.
- The **second example** illustrates how simple swaps and minor adjustments in portion sizes can greatly enhance protein efficiency.
- The **third example** showcases how more substantial substitutions in both products and ingredients can maintain high volume and protein levels while decreasing calorie content.

** The macronutrient and calorie values below are estimates and do not account for any oil added during the cooking process.*

BREAKFAST

LEAST PROTEIN EFFICIENT



1 cup (135g)
Carman's
Protein Rich
Granola



1 cup (250mL)
Full Cream
Milk



1/3 cup (90g)
Gippsland
Yoghurt



1 banana
(100g)

Calories: 980

Protein: 41g

Carbs: 122g

Fat: 34g

IMPROVED PROTEIN EFFICIENCY



1/4 cup (35g)
Carman's
Protein Rich
Granola



1 cup (250mL)
Light Milk



1 cup (320g)
Chobani Natural
Plain Yoghurt



1/2 banana
(50g)

Calories: 626

Protein: 44g

Carbs: 34g

Fat: 16g

MOST PROTEIN EFFICIENT



2 Weetbix



1/2 cup
Strawberries



1 cup
(250mL)
Skim Milk



1 cup (320g)
Chobani Light
Natural
Plain Yoghurt



1/4 cup (15g)
Wellness Road
Soy Protein Crisps

Calories: 450

Protein: 52g

Carbs: 51g

Fat: 3g

BREAKFAST

LEAST PROTEIN EFFICIENT



2 slices
Rustica

Sourdough Bread



1 slice
Tasty Cheese



1 tbsp
Tomato Sauce



1 slice
Middle Bacon



1 small (60g)
Egg

Calories: 545

Protein: 28g

Carbs: 41g

Fat: 27g

IMPROVED PROTEIN EFFICIENCY



2 Slices
Alpine
Sourdough Bread



1 slice
Light Tasty
Cheese



1 tbsp
Tomato Sauce



1 slice
Short Cut Bacon



1 small (60g)
Egg

Calories: 425

Protein: 23g

Carbs: 34g

Fat: 11g

MOST PROTEIN EFFICIENT



1 Wholemeal
English Muffin



1 slice
Eat Lean
Cheese



1 tbsp
Salt & Sugar
Reduced
Tomato Sauce



25g
25% Less Salt Ham



1 small (60g)
Egg

Calories: 285

Protein: 25g

Carbs: 25g

Fat: 8g

LUNCH

LEAST PROTEIN EFFICIENT



1 large
White Pita Bread



50g
Leg Ham



2 tbsp
Mayonnaise



Lettuce



1 slice
Tasty Cheese

Calories: 752

Protein: 23g

Carbs: 60g

Fat: 44g

IMPROVED PROTEIN EFFICIENCY



1 large
White Wrap



50g
Leg Ham



1 tbsp
Light
Mayonnaise



Lettuce



1 slice
Light Tasty Cheese

Calories: 377

Protein: 20g

Carbs: 34g

Fat: 17g

MOST PROTEIN EFFICIENT



1 large
Lite Wrap



100g
Chicken Breast



2 tbsp
Tzatziki



Lettuce



1 slice
Eat Lean Cheese

Calories: 345

Protein: 33g

Carbs: 38g

Fat: 5g

LUNCH

LEAST PROTEIN EFFICIENT



4 (100g)

Yumi's Falafels



50g

Greek Style
Feta



1 cup

Cooked
Brown Rice



2 tbsp

Roasted Garlic
Dressing



Salad

Calories: 790

Protein: 21g

Carbs: 80g

Fat: 40g

IMPROVED PROTEIN EFFICIENCY



2 (50g)

Yumi's Falafels



50g

Reduced Fat
Greek Style
Feta



1/2 cup

Cooked
Quinoa



1/2 cup

Cooked
Chickpeas



2 tbsp

Roasted Garlic
Dressing



Salad

Calories: 566

Protein: 25g

Carbs: 44g

Fat: 27g

MOST PROTEIN EFFICIENT



100g

Firm Tofu
(marinated & baked
in ¼ tsp
oil, soy sauce
and cornstarch)



1/2 cup

Cooked
Quinoa



1/2 cup

Cooked
Edamame



2 tbsp

Red Kelly's
Sweet Chilli
& Lime
Dressing



Salad

Calories: 472

Protein: 25g

Carbs: 28g

Fat: 21g

DINNER

LEAST PROTEIN EFFICIENT



100g
Regular Beef Mince



150g
Spaghetti



2 tbsp
Parmesan



100g
Pasta Sauce

Calories: 887

Protein: 43g

Carbs: 115g

Fat: 27g

IMPROVED PROTEIN EFFICIENCY



150g
Lean Beef Mince



100g
Spaghetti



2 tbsp
Parmesan



100g
Pasta Sauce

Calories: 724

Protein: 47g

Carbs: 80g

Fat: 23g

MOST PROTEIN EFFICIENT



150g
Lean Beef Mince



50g
Spaghetti



1 tbsp
Parmesan



100g
Pasta Sauce



½ cup
Lentils (cooked)



50g
Mushrooms (uncooked)

Calories: 527

Protein: 46g

Carbs: 52g

Fat: 11g

DINNER

LEAST PROTEIN EFFICIENT



150g

Chicken Thigh Fillet



220g

Egg Noodles



½ cup (125g)

Satay Sauce



100g

Raw Vegetables

Calories: 617

Protein: 50g

Carbs: 66g

Fat: 16g

IMPROVED PROTEIN EFFICIENCY



200g

Chicken Thigh Fillet



110g

Egg Noodles



26g

Teriyaki Sauce



100g

Raw Vegetables

Calories: 410

Protein: 47g

Carbs: 30g

Fat: 9g

MOST PROTEIN EFFICIENT



200g

Chicken Breast Fillet



110g

Egg Noodles



26g

Teriyaki Sauce



100g

Raw Vegetables

Calories: 413

Protein: 54g

Carbs: 29g

Fat: 4g