

How Low can you Pro Go?

CAN YOU EAT
UNDER 10 GRAMS
OF PROTEIN
FOR ONE DAY?

THE GREAT
PROTEIN
CHALLENGE

FEB
2019

The Great Protein Dietitians Challenge is where people come together in teams to take on eating less than 10 grams of protein for a day – all in the name of raising awareness and supporting people living with rare genetic metabolic (protein) disorders.

Join our team and take on the challenge for just one day this February.

We will be playing
The Great Protein
Challenge on

To find out more and join our team contact:

thegreatproteinchallenge.com.au