

HOW #LOWPRO CAN YOU GO?

Most people living with a protein IEM can only consume between 1-8 grams of protein per day.

This egg contains 6g of protein

thegreatproteinchallenge.com.au

Those people living with a protein IEM can only consume between 1-8 grams of protein per day.

1 cup milk = 8g protein

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Most people living with a protein IEM can only consume between 1-8 grams of protein per day.

1 avocado = 2g protein

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Most people living with a protein IEM can only consume between 1-8 grams of protein per day.

This 200g steak contains 62g protein

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Did You
KNOW?

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THE GREAT
PROTEIN
CHALLENGE
AUSTRALIA



Most people living with PKU can only consume between 1-8 grams of protein per day



This Vegan Buddha Bowl looks delicious and contains more than 20gms of protein per serve!

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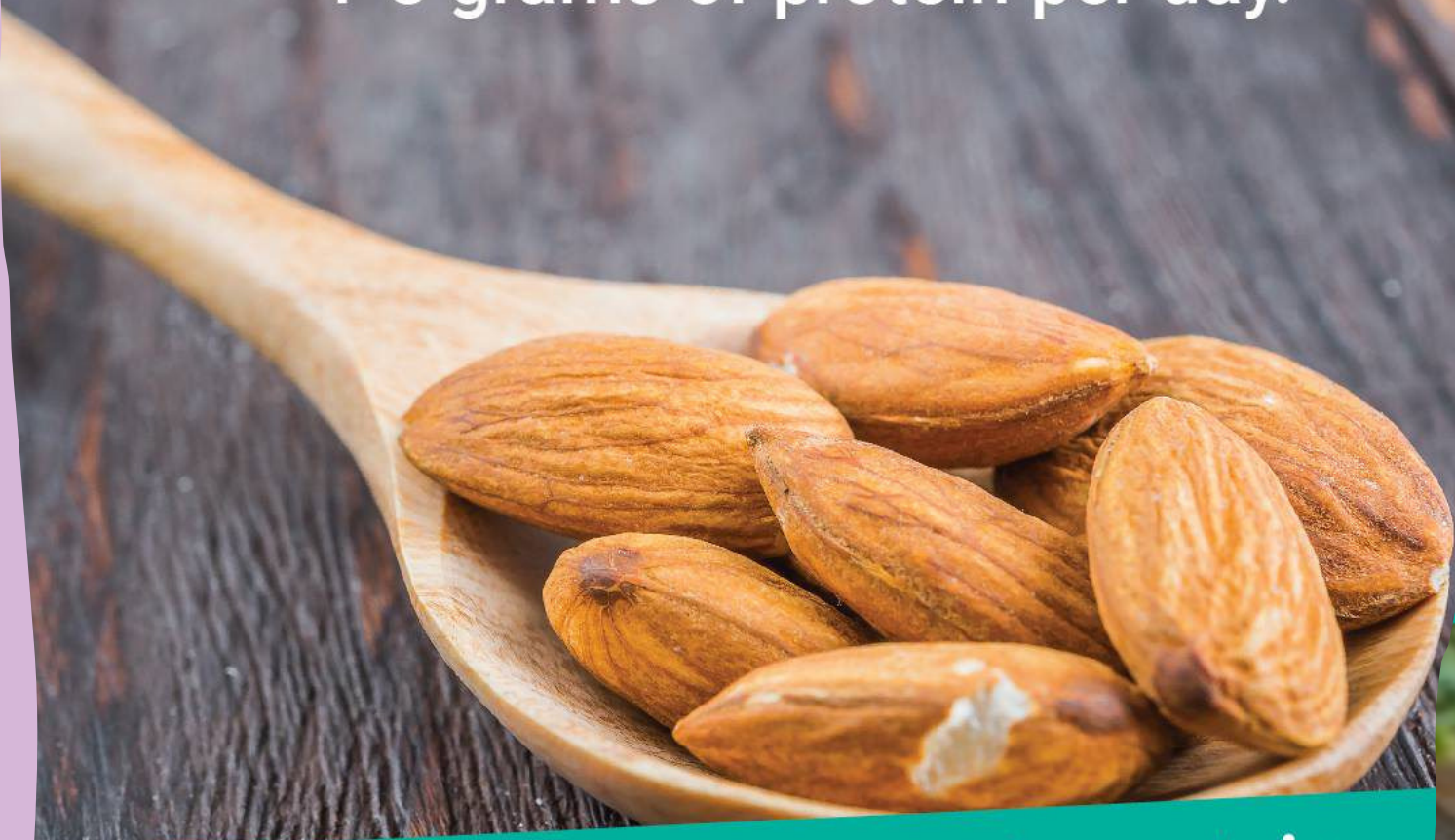
Most people living with PKU can only consume between 1-8 grams of protein per day



It's the perfect weekend weather for these yummy fluffy Vegan Pancakes but they contain a massive 28gms of protein per serve!

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Most people living with a protein IEM can only consume between 1-8 grams of protein per day.



1 handful almonds = 6g protein

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Most people living with PKU can only consume between 1-8 grams of protein per day



One small hot chocolate and a scone with jam and cream is more than 13.2g of protein!

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Did You Know?

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