

What does 30g of protein look like?

Eight portions providing about 30g protein. These are food weights, not grams of protein powder or a universal meal target. Use the stated preparation state and check your package label.

FOOD / PREPARATION	FOOD WEIGHT	PROTEIN	KCAL
Chicken breast Cooked, roasted, skinless meat	100 g / 3.5 oz About 3/4 cup, chopped	31.0 g	165
Canned light tuna In water, without salt, drained solids	120 g / 4.2 oz Weigh the drained fish, not the can	30.6 g	139
Plain nonfat Greek yogurt Ready to eat; generic USDA reference	300 g / 10.6 oz About 1 3/4 of a 170 g container	30.6 g	177
Cottage cheese, 1% Ready to eat	245 g / 8.6 oz Just over 1 cup, not packed	30.4 g	176
Firm tofu Uncooked, calcium-sulfate-set reference	175 g / 6.2 oz Just under half of a 400 g pack	30.3 g	252
Shelled edamame Frozen, prepared; beans only, no pods	250 g / 8.8 oz About 1 2/3 cups	29.8 g	303
Lentils Cooked, boiled, without salt	335 g / 11.8 oz About 1 2/3 cups	30.2 g	389
Whole eggs Hard-boiled, shells removed	250 g / 8.8 oz 5 large eggs (50 g edible weight each)	31.5 g	388

Build around 30g with two foods

Eggs + yogurt 2 large hard-boiled eggs + 175 g plain nonfat Greek yogurt 30.5 g protein / 258 kcal	Tofu + lentils 125 g firm tofu, weighed before cooking + 100 g cooked lentils 30.6 g protein / 296 kcal
Edamame + lentils 150 g prepared shelled edamame + 135 g cooked lentils 30.0 g protein / 338 kcal	Chicken + lentils 75 g cooked chicken breast + 75 g cooked lentils 30.0 g protein / 211 kcal

Meal examples count only the listed foods. Add vegetables, grains and other sides as you like; log their nutrients and any oil or sauce separately. Cups and pack fractions are rough cues; weights determine these calculations. Tofu and yogurt brands can differ substantially.

Sources: USDA FoodData Central, SR Legacy April 2018 dataset, checked 23 October 2026. Per-100g values scaled to the shown weights; protein rounded to 0.1 g and calories to whole kcal. Reference averages, not laboratory measurements of your serving.

USDA records: [171477](#) | [171986](#) | [170894](#) | [173417](#) | [172475](#) | [168411](#) | [172421](#) | [173424](#)

Full guide, source details and meal logging: caloriecue.app/blog/what-does-30g-of-protein-look-like