



Affordable Protein Sources

Dairy

Dairy is really cheap and one of the highest % of protein in all the sources. Whey, skyr, quark and cottage cheese are all great options



Meat

Buying a whole chicken instead of breasts or stewing meat – fresh or tinned is cheap, tasty and high in protein



Fish

Frozen fish is much cheaper than fresh and nutritionally similar. Tinned fish is a classic, fast, cheap go to option



Plant

Good plant sources of protein tend to be £££ however frozen quorn is cheap and high in protein. Beans are also a great option, high in fibre and bulk out any meal

