

HIGH PROTEIN CHEET SHEET



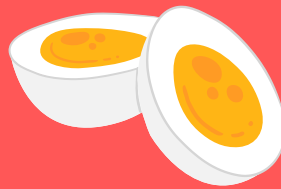
PROTEIN IS THE MOST IMPORTANT MACRONUTRIENT

- Build your meals around protein
- How much should you eat in a day: 1 gram per pound of your ideal body weight
- High Protein is considered >30 grams in a meal. Aim for hitting this at least three times per day.
- High protein will help with weight-loss, energy, recovery and being satiated.



ALWAYS HAVE PROTEIN ITEMS IN STOCK

- Protein Powder
- Meal prep meat and have on hand
- Canned Tuna, Sardines
- Beef Jerky
- Sliced Meats
- Meat Sticks
- Greek Yogurt
- Cottage Cheese
- Liquid Egg Whites
- Hard Boiled Eggs
- Protein Bars
- Protein enriched milk
- Meal Prep Meatballs
- Dip chicken into Hummus

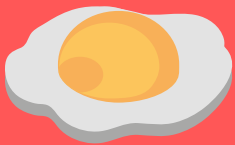


HIGH PROTEIN BREAKFAST IDEAS



Greek Yogurt Parfait = 34g Protein

Mix a half scoop vanilla protein powder into yogurt add frozen berries and top with some walnuts



High Protein Scrambled Eggs = 38g Protein

2 Whole Eggs mixed with 1/2 Cup liquid egg whites serving of cottage cheese and fruit on the side

WHAT DOES 30 GRAMS OF PROTEIN LOOK LIKE

- 4 oz. Top Sirloin Steak = 31 grams
- 4 oz. Chicken Breast = 31 grams
- 5 oz. Turkey Breast = 34 grams
- 5.5 oz. Boneless Skinless Chicken Thighs = 31 grams
- 4.5 oz. Wild Salmon = 33 grams
- 5 Whole Eggs = 30 grams
- 1 can Whole White Tuna = 30 grams

WAYS TO ADD MORE PROTEIN TO YOUR MEALS

- Cook rice quinoa in chicken bone broth
- Add beans or peas to your rice
- A baked potato actually has 8 grams of protein
- Make creamy salad dressings with Greek yogurt
- Add Hummus or Tzatziki to your sandwich or salad
- Add Greek yogurt, liquid egg whites or protein powder to baked goods
- Get high protein tortilla wraps
- Swap your bread for Ezekiel bread or higher protein bread
- Add protein powder to your iced coffee
- Add protein powder to your overnight oats
- Meal prep egg muffins and keep in the freezer
- Meal prep high protein muffin recipe keep in freezer

REMEMBER EATING A HIGH PROTEIN DIET IS A BEHAVIOR YOU WANT TO DEVELOP IT TAKES SOME PLANNING AND CONSISTENCY. ONCE YOU LEARN IT WILL BECOME SECOND NATURE.

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