

How to Eat More Protein: Tips, Tricks, & Recipes





Overall Protein Tips

1. Mindset switch: base meals around protein
2. Fill 25% of your plate with protein
3. Eat 1-2 palms of protein per meal
4. Pre-track protein
5. Keep protein shakes & protein powders on hand
6. Keep protein shakes & powder with a shaker bottle at work
7. Drink a protein shake before a meal
8. Switch out some of your breakfast carbs for protein
 - Greek Yogurt
 - Cottage Cheese
 - Eggs & egg whites
 - Protein powder
9. Always keep cooked chicken breast in the fridge
10. Switch some of your usual carb sources for beans
11. Choose Greek yogurt over regular yogurt
12. Choose chicken breast over chicken thigh
13. Choose white fish over salmon (but not every time)
14. Choose extra lean ground beef, turkey, and chicken over regular ground meats
15. Snack on protein
 - 1/2 a can of water[packed tuna with a little mustard & black pepper
 - Greek yogurt & protein powder



Need Protein Powder?

I highly recommend **Clean Simple Eats**, specifically, their chocolate peanut butter, or coconut - it's the BEST I've ever tasted.

Dairy Free? I recommend **Truvani**, specifically their banana cinnamon - it's delish.

Weight Loss Cheat Sheet



Nutrition

- Eat at a calorie deficit: take your realistic weight goal (in lbs) & multiply by 11. Eat that many calories per day. Track calories in MyFitnessPal
- Get 80% of your calories from nutritious foods & the remaining 20% from less than nutritious foods.
- Eat protein with every meal: your daily target should be around 1g protein per lb of your target weight.

Movement

- Increase NEAT (non-exercise activity thermogenesis) Walk more, take the stairs, use a standing desk or walking pad. Aim is 7-10k daily with no less than 70k per week.
- Full body strength training 2-3x per week. Make sure it feels heavy, but not so heavy that your technique suffers.
- Cardio 1-2x per week. Do a group fitness class, go for a run, hop on the elliptical. Get your heart rate up & sweat for 30-60 mins.

Recovery

- Improve your quality & quantity of sleep. Aim for at least 7 hours nightly.
- Stay hydrated. Drink 1/2 your body weight in ounces daily.
- Engage in some kind of daily meditative practice: yoga, journaling, prayer, stretching, etc.

Breakfast Ideas



. Greek Yogurt with Mixed Berries & Protein Granola

1 cup nonfat Greek yogurt: 22g protein, 120 calories

3/4 cup mixed berries: 1g protein, 40 calories

1/2 cup protein granola: 10g protein, 200 calories

Total: 33g protein, 360 calories

Protein Pancakes

1/2 cup protein pancake mix: 14g protein, 200 calories

1/2 cup blueberries: 0.5g protein, 42 calories

1/4 cup light syrup: 0g protein, 50 calories

Total: 14.5g protein, 292 calories (To increase protein, serve with 1/2 cup Greek yogurt: 11g protein, 60 calories, totaling 25.5g protein and 352 calories)

Egg and Turkey Bacon Wrap

2 whole eggs: 12g protein, 140 calories

2 slices turkey bacon: 10g protein, 70 calories

1 whole wheat wrap: 4g protein, 130 calories

Total: 26g protein, 340 calories

Oatmeal with Whey Protein

1/2 cup raw oats: 5g protein, 150 calories

1 scoop whey protein (mixed in): 24g protein, 120 calories

1/2 apple, diced: 0g protein, 47 calories

Total: 29g protein, 317 calories

Breakfast Ideas



Protein-Packed Smoothie Bowl

1 scoop protein powder: 25g protein, 120 calories

1/2 banana, sliced: 1g protein, 50 calories

1/2 cup almond milk: 1g protein, 15 calories

1/4 cup granola (low sugar): 3g protein, 100 calories

1 tablespoon chia seeds: 2g protein, 60 calories

Total: 32g protein, 345 calories

Scrambled Egg Whites with Veggies & Avocado

1 cup egg whites: 26g protein, 120 calories

1 cup spinach: 5g protein, 7 calories

1/2 medium avocado: 2g protein, 130 calories

1/4 cup diced tomatoes: 0.5g protein, 8 calories

Total: 33.5g protein, 265 calories

Cottage Cheese and Fruit Bowl

1 cup low-fat cottage cheese: 28g protein, 163 calories

1/2 cup pineapple chunks: 1g protein, 40 calories

1/4 cup sliced almonds: 6g protein, 132 calories

Total: 35g protein, 335 calories

Tofu Scramble with Spinach and Mushrooms

1/2 block firm tofu: 20g protein, 150 calories

1 cup spinach: 5g protein, 7 calories

1/2 cup mushrooms: 2g protein, 15 calories

1/4 cup nutritional yeast: 8g protein, 60 calories

Total: 35g protein, 232 calories

Lunch/Dinner Ideas



1. Grilled Chicken Salad

Ingredients: 150g grilled chicken breast (approx. 231 calories, 43g protein), mixed greens (10 calories), cherry tomatoes, cucumber, 1 tablespoon balsamic vinegar (14 calories), 1 teaspoon olive oil (40 calories).

Total: ~295 calories, 43g protein (Add additional chicken & veggies to reach desired calorie & protein count).

2. Tuna Wrap

Ingredients: 1 large whole wheat tortilla (130 calories), 120g canned tuna in water, drained (approx. 111 calories, 25g protein), 2 tablespoons Greek yogurt (15 calories, 3g protein), lettuce, and sliced tomato. Add 50g of cottage cheese on the side (approx. 40 calories, 5g protein).

Total: ~396 calories, 43g protein.

3. Turkey and Quinoa Stuffed Bell Pepper

Ingredients: 1 large bell pepper (30 calories), 100g ground turkey (93% lean) cooked (approx. 150 calories, 22g protein), 1/4 cup cooked quinoa (56 calories, 2g protein), spices to taste.

Total: ~350 calories, 40g protein.

4. Beef and Broccoli Stir-Fry

Ingredients: 100g lean beef strips (approx. 175 calories, 25g protein), 2 cups broccoli (approx. 62 calories, 5g protein), 1 tablespoon soy sauce (9 calories), ginger, garlic, and 1 teaspoon olive oil (40 calories).

Total: ~376 calories, 45g protein.

Lunch/Dinner Ideas



5. Egg White Omelet with Spinach and Turkey

Ingredients: 1 cup egg whites (approx. 120 calories, 26g protein), 50g spinach (12 calories), 50g cooked turkey breast (approx. 65 calories, 14g protein), 1 slice of low-fat cheese (50 calories, 7g protein).

Total: ~347 calories, 47g protein.

6. Greek Yogurt and Berry Parfait

Ingredients: 200g non-fat Greek yogurt (approx. 120 calories, 22g protein), 1 scoop whey protein powder (approx. 120 calories, 24g protein), 100g mixed berries (approx. 57 calories), a sprinkle of cinnamon.

Total: ~397 calories, 46g protein.

7. Lentil Soup with Turkey Chunks

Ingredients: 1 cup cooked lentils (approx. 230 calories, 18g protein), 75g cooked turkey breast (approx. 98 calories, 21g protein), vegetables (carrots, celery), and spices.

Total: ~428 calories, 39g protein (Adjust portion sizes to increase protein if needed).

8. Cottage Cheese and Peach Bowl

Ingredients: 200g low-fat cottage cheese (approx. 160 calories, 28g protein), 1 medium peach sliced (approx. 58 calories), 30g chopped nuts (approx. 173 calories, 5g protein).

Total: ~391 calories, 33g protein (Adjust portion or add protein powder to meet protein goal).

Lunch/Dinner Ideas



9. Turkey Burger with Sweet Potato

Ingredients: 120g ground turkey patty (93% lean) (approx. 180 calories, 22g protein), lettuce, tomato, onion, whole wheat bun (approx. 140 calories, 8g protein), 100g baked sweet potato (approx. 86 calories, 2g protein).

Total: ~406 calories, 32g protein (Adjust the portion of turkey to meet protein goal).

10. Shrimp and Veggie Stir Fry

Ingredients: 150g shrimp (approx. 168 calories, 32g protein), mixed bell peppers and snap peas (approx. 60 calories), 1 tablespoon soy sauce (9 calories), garlic, and 1 teaspoon sesame oil (40 calories).

Total: ~377 calories, 40g protein.