

PROTEIN POWER

Why it matters more than ever - especially after 40

If you're trying to lose fat, build strength, or just have more energy - protein is where it starts.

Not the gym-bro version. The *your body actually needs this* version.

As your hormones shift and your metabolism changes, protein becomes the single most important thing you can do to protect your muscle, manage your weight, and feel like yourself again. **This isn't optional. It's foundational.**

WHAT PROTEIN ACTUALLY DOES FOR YOU

✓ Maintains lean muscle — the foundation of your metabolism	✓ Curbs cravings and keeps you fuller, longer
✓ Helps you recover from workouts so you can show up again	✓ Supports steady energy and hormonal balance

HOW MUCH DO YOU ACTUALLY NEED?

1g protein per pound of goal body weight

Goal weight 150 lbs → target ~150g protein per day

Track your food for 3–5 days using MyFitnessPal or Cronometer.

Don't obsess - just observe. Awareness is how you adjust smarter.

→ If you're consistently hitting under 80g per day, you've got real room to grow - and real results waiting on the other side.

Individual needs vary - this is a practical starting point, not a prescription.

20 PRACTICAL WAYS TO HIT YOUR PROTEIN - AT EVERY MEAL

Start every meal with one question: **“Where’s my protein?”** That single habit will change how you eat more than any meal plan ever will.

01	Add eggs, Greek yogurt, or cottage cheese to breakfast - easy 25–30g right there
02	Choose Greek yogurt over regular - roughly double the protein for the same volume
03	Use protein powder in smoothies, oatmeal, or pancakes
04	Hard-boil a batch of eggs at the start of the week - grab-and-go protein that actually travels
05	Roll up deli turkey or chicken for a no-cook, no-fuss option
06	Top salads with chicken, shrimp, steak, or tofu - greens without protein is just a side dish
07	Mix canned tuna or salmon with avocado or mustard for a fast, filling meal
08	Keep a rotisserie chicken in the fridge - lazy protein absolutely counts
09	Cottage cheese + fruit = one of the easiest high-protein snacks out there
10	Swap regular pasta for chickpea or lentil-based protein pasta
11	Add edamame, beans, or lentils to stir-fries and bowls
12	Snack on jerky instead of crackers or chips
13	Pack string cheese or Babybel when you’re on the go
14	Batch-cook seasoned ground turkey or beef and freeze in portions
15	Mix protein powder into Greek yogurt or nut butter for a quick boost
16	Top toast with cottage cheese, eggs, or deli meat instead of just butter
17	Add tofu, tempeh, or seitan if you eat plant-based - these are your workhorses
18	Chop hard-boiled eggs into salads or grain bowls
19	Flip your plate - make protein the first bite, not the afterthought
20	Read labels before you trust any “high protein” claim - look for 10g+ per serving and check where it’s actually coming from

The goal isn’t perfection. It’s consistency. Keep asking “where’s my protein?” and the rest will follow.

(Bonus- recipe below!)

BONUS RECIPE

Protein-Packed Turkey Chili

Simple. Satisfying. 29g protein per bowl.

This is the one I come back to all year - easy to batch cook, freezes perfectly, and my family actually requests it. Make a big pot on Sunday and your protein (and fiber!) is handled for days.

INGREDIENTS — SERVES 6	INSTRUCTIONS
— 1 lb lean ground turkey (93% lean) — 1 small onion, diced — 1 bell pepper, diced (any color) — 2 cloves garlic, minced — 1 (15 oz) can black beans, drained + rinsed — 1 (15 oz) can kidney beans, drained + rinsed — 1 (15 oz) can diced tomatoes — 1 (8 oz) can tomato sauce — 1 cup low-sodium chicken broth — 1 tbsp olive oil — 1 tbsp chili powder — 1 tsp cumin — ½ tsp smoked paprika — ½ tsp salt + ¼ tsp black pepper	1. Heat olive oil in a large pot over medium heat. Sauté onion and bell pepper for 3–4 minutes. 2. Add garlic and ground turkey. Cook until browned, breaking it apart as it cooks. 3. Stir in all seasonings and let them toast for about 30 seconds. 4. Add beans, diced tomatoes, tomato sauce, and broth. Stir to combine. 5. Bring to a boil, then reduce heat and simmer 20–30 minutes. 6. Taste, adjust seasoning, and serve hot.

29g	305	35g	7g	10g
PROTEIN	CALORIES	CARBS	FAT	FIBER