

Protein Cheat Sheet

for Adults Over 50

Your daily target, the 12 best food sources, and 3 powder picks — on one printable page.

YOUR DAILY TARGET

Take your weight in pounds, divide by 2.2, then multiply by 1.1.

150 lbs → ~75 g/day • 180 lbs → ~90 g/day

Spread it out: **25–30 g per meal**, 3–4 meals a day. Your body uses protein best in even doses.

12 PROTEIN POWER FOODS

26 g

Chicken breast

per 3 oz cooked

26 g

Turkey breast

per 3 oz cooked

22 g

Salmon

per 3 oz + omega-3s

20 g

Canned tuna

per 3 oz; a few x/week

15–20 g

Greek yogurt (plain)

per cup; skip sugary kinds

18 g

Lentils

per cooked cup + fiber

17 g

Edamame

per cooked cup

15 g

Black beans

per cooked cup

14 g

Cottage cheese

per ½ cup; great evening snack

8 g

Quinoa

per cooked cup; complete protein

6 g

Eggs

each; cheap and easy

6 g

Almonds

per oz; watch portions

FILL THE GAP: 3 POWDER PICKS

A scoop adds 20–25 g with zero cooking. Look for minimal ingredients and no added sugar.

Optimum Nutrition Gold Standard Whey

The best-selling whey in the world. Mixes easily, tons of flavors.

Dymatize ISO100

Whey isolate — most lactose filtered out. Good if regular whey bothers your stomach.

Garden of Life Raw Organic Protein

Plant-based (pea + sprouted grains). The pick if you avoid dairy.

Full reviews and buying links: fitnessiqlab.com → **Protein Power Foods for Adults Over 50**

SAMPLE DAY — ABOUT 95 g PROTEIN

Meal	What	Protein
Breakfast	Greek yogurt (1 cup) + handful of almonds	26 g
Lunch	Chicken breast (3 oz) + quinoa (1 cup)	34 g
Snack	Cottage cheese (½ cup)	14 g
Dinner	Salmon (3 oz) + lentils (½ cup)	31 g

Protein works best paired with strength training — even 2–3 short sessions a week. If you have kidney issues, talk to your doctor before changing your protein intake.

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