



High Protein Cheat Sheet

Fuel Your Progress. Build the Best Version of You.

Protein is the foundation of every fitness goal whether you're trying to lose fat, build muscle, or simply stay consistent. It helps you recover faster, stay full longer, and build lean, strong muscle. The key is to include a variety of protein sources throughout your day.

Animal-Based Options

Animal proteins are among the most complete sources, meaning they contain all essential amino acids your body needs for recovery and growth. Great for building lean muscle and supporting strength training.

- Chicken breast
- Ground turkey
- Lean beef
- Eggs & egg whites
- Greek yogurt
- Cottage cheese
- Tuna or salmon

Tip: Aim to include one of these at each main meal for maximum recovery and progress.

Dairy & Protein Products

These are convenient and versatile perfect for quick meals or snacks. They help you hit your protein goals even on busy days.

- Whey or protein powder
- Fairlife milk
- Cheese sticks

Tip: Blend a shake or grab a high-protein snack when you're short on time.

Snack Options

Healthy, high-protein snacks keep your energy up between meals and help you avoid unnecessary cravings.

- Beef jerky
- Protein bars
- Roasted chickpeas or pumpkin seeds
- Peanut butter or almonds

Tip: Keep a protein snack handy for those mid-day cravings or post-workout hunger.

Brought to you by Gym Blue
Become The Best Version of You