



The Busy Mom's

PROTEIN GUIDE



**HOW TO EASILY HIT
YOUR PROTEIN GOAL
EVERY DAY**

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WHY PROTEIN MATTERS

Protein is the stuff of life! It's what drives *every* action of *every* system of the body. It's what makes us *function* the way we're meant to. If you're tired, craving junk, losing muscle, or stuck with stubborn belly fat, you might not be eating enough protein.

Here's (just some of) what protein does for you:

- Keeps you full longer = fewer cravings!
- Helps you build & maintain lean muscle
- Boosts metabolism
- Leads to increased energy
- Helps with hormone balance
- Helps with blood sugar control & insulin sensitivity
- Supports better recovery from workouts
- Promotes faster recovery from injury & illness
- Improves heart health

Most women need at least 100g/day, but depending on things like height, weight, and activity level, you may thrive with up to 150! Don't worry, it's not as hard as it sounds - read on...



VERSATILE HIGH-PROTEIN FOODS

<u>Food</u>	<u>Serving Size</u>	<u>Protein (g)</u>
Eggs (whole)	2 eggs	12g
Egg whites	1/2 cup	13g
Greek yogurt (nonfat)	1 cup	20g
Chicken breast	3 oz	26g
Ground turkey (93%)	4 oz	30g
Tofu	4 oz	10g
Lentils	1 cup	18g
Cottage cheese (low-fat)	1 cup	24g
Protein powder	1 scoop	20-30g
Tuna (canned)	1 can	20g
Edamame	1 cup	17g
Protein bar	1 bar	15-20g (check label!)

DAY'S MENU: EXAMPLES

Breakfast: Whole egg + egg whites + avocado toast

Snack: Protein bar

Lunch: Chicken breast salad with hemp seeds and feta

Snack: Greek yogurt + chia seeds

Dinner: Ground turkey taco bowl with beans



Breakfast: Smoothie with protein powder, Greek yogurt, berries, and flax

Snack: 2 boiled eggs + string cheese

Lunch: Tuna salad wrap + edamame

Snack: Cottage cheese + peach slices

Dinner: Salmon filet + quinoa + broccoli

DAY'S MENU: EXAMPLES

Breakfast: Greek yogurt + protein granola

Snack: Protein shake + banana

Lunch: Grilled chicken + rice + veggies

Snack: Hard-boiled egg + hummus + carrots

Dinner: Stir fry with shrimp + veggies + tofu



(Plant-based)

Breakfast: Tofu scramble with veggies + toast

Snack: Edamame + almonds

Lunch: Lentil and quinoa bowl with tahini dressing

Snack: Protein shake

Dinner: Black bean & tempeh tacos



GRAB-AND-GO PROTEIN SNACKS

- Hard-boiled eggs
- Single-serving cottage cheese cup
- Single-serving Greek yogurt cup
- Turkey roll-ups (dip in mustard!)
- Tuna packet + crackers
- Protein shake
- Protein bar
- Jerky
- Edamame
- Overnight oats with protein powder
- Chia pudding with collagen
- Homemade protein muffin or cookie
- High-protein tortilla chips
- Protein waffles (like Kodiak)



PROTEIN STAPLES

GROCERY LIST

- Eggs + egg whites
- Chicken breast
- Ground turkey or beef
- Turkey jerky
- Canned tuna or salmon
- Frozen shrimp or scallops
- Frozen edamame
- Greek yogurt (nonfat)
- Cottage cheese (low-fat)
- Beans/lentils
- Protein powder
- Protein shakes
- Protein bars (check nutrition facts)



BONUS TIPS

Do your best to spread the day's protein evenly across at least 4 meals - 25g or more per meal is a good target.

No shame in repeating dishes and meals - consistency helps!

Whole food sources are always best - but if you're short on time, protein bars and shakes are perfectly acceptable.

Add a scoop of protein powder to your oatmeal, smoothies, yogurt - get creative!

Keep an open protein shake in the fridge to use over the week as your coffee creamer.



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