

Protein Meal Builder

Cheat Sheet

SIMPLE TIPS TO HIT
YOUR PROTEIN MARK
AT MEALS

MEET YOUR PROTEIN MARK

Why it's important

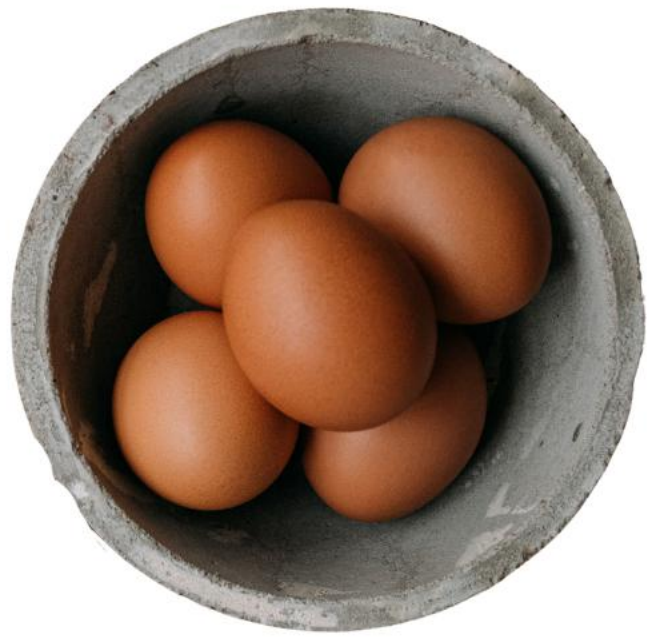
Hitting your protein goals can be, well... confusing. Between tracking numbers and calculating portions, meals can start to feel math class.

The good news? You don't need a calculator to build high protein meals. All it takes are a few simple tips, which we'll share in this guide.

Why Protein Matters

Protein can help:

- ✔️ Keep your energy levels steady
- ✔️ Support muscle and strength
- ✔️ Stabilize your blood sugar
- ✔️ Keep you full
- ✔️ Reduce cravings



So how much protein is enough?

Protein Per Meal Target

Aim for ~ **25-35 g** of protein

per meal

**Adjust target based on your individual needs.*

PROTEIN RICH FOODS

Example portions

So what does 25-35 grams of protein actually look like? Here are a few simple ways to hit the mark. Pick a portion below and build your meal around it!



Chicken Breast

3-4 ounces



Ground Beef

4 ounces



Salmon

3-4 ounces



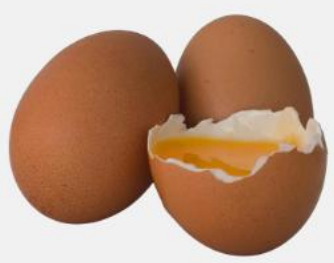
Ground Turkey

4 ounces



Greek Yogurt

~ 1 cup



2 Eggs +
½ cup Egg Whites



Cottage Cheese

~ 1 cup



Protein Powder

1 scoop



Tempeh

5 ounces

BUILDING HIGH PROTEIN MEALS

Simple formula

Once protein is covered, building the rest of your meal is easy.
Just follow these three simple steps:

How to Build a High Protein Meal

1 **Start with protein.**

~25-35 grams per meal



2 **Add carbs or fiber.**

fruit, rice, potatoes, veggies, legumes

3 **Add healthy fats.**

avocado, olive oil, nuts, seeds

Why This Formula Works

- ✔ Keeps meals balanced
- ✔ No tracking or calculations needed

PROTEIN RICH MEALS

Real life examples

Need some ideas of how this would look in real life? Here are a few examples of balanced, protein-rich meals. Pick a few go-to meals to add into the rotation:

Greek Yogurt Bowl



Greek yogurt + berries + nuts

Egg Power Breakfast



Eggs + egg whites + fruit

Simple Chicken Dinner



Chicken + rice + veggies

Easy Salmon Dinner



Salmon + potatoes + greens

Build a Protein Smoothie



Protein		Carb		Fat		Base liquid
1 scoop protein powder	+	*fruit or veggie*	+	*seeds, avocado, or nut butter*	+	*milk of choice*

HOW TO INCREASE PROTEIN

Simple upgrades

Meal need a protein boost? Here are a few easy ways to help you hit your target:



#1: Add Egg Whites

Mix into scrambled eggs or omelets (+7g per ¼ cup).



#2: Swap to Greek Yogurt

It's much higher in protein than regular yogurt.



#3: Add Protein Powder

Add to smoothies, oatmeal, or chia pudding.



#4: Increase Your Portion

Serve slightly more chicken, fish, or meat.



#5: Try Beans or Lentils

Add to salads, soups, or grain bowls.



#6: Add Hemp Hearts

Sprinkle on yogurt, oatmeal, or salads (+5g per tbsp).