



HEALTHY PROTEIN

CHEAT SHEET

Simple ways to add more protein to your day.



Protein helps support muscle, recovery, strength, fullness, and healthy aging.

A simple goal: include a quality protein source at every meal and snack.

HIGH-PROTEIN FOODS

FOOD	SERVING	APPROX. PROTEIN
Chicken breast	4 oz	30–35g
Turkey breast	4 oz	28–32g
Lean ground turkey	4 oz	22–28g
Lean ground beef	4 oz	22–28g
Salmon	4 oz	23–25g
Tuna	1 pouch/can	17–25g
Shrimp	4 oz	23–25g
Eggs	2 large	12g
Egg whites	½ cup	13g
Greek yogurt	1 cup	15–25g
Cottage cheese	1 cup	24–28g
Fairlife milk	1 cup	~13g
Protein shake	1 serving	20–30g
Edamame	1 cup	~17g
Lentils	1 cup cooked	~18g
Black beans	1 cup cooked	~15g

EASY PROTEIN SNACKS

- ▶ Greek yogurt + berries
- ▶ Cottage cheese + fruit
- ▶ Hard-boiled eggs
- ▶ Turkey or chicken roll-ups
- ▶ Tuna packet + crackers
- ▶ Beef or turkey jerky
- ▶ String cheese + fruit
- ▶ Protein shake
- ▶ Edamame
- ▶ Greek yogurt smoothie
- ▶ Deli turkey + cheese
- ▶ Apple + Greek yogurt

EASY WAYS TO BOOST YOUR PROTEIN



BREAKFAST: Add eggs, egg whites, Greek yogurt, cottage cheese or protein powder.



LUNCH: Build your meal around chicken, turkey, tuna, lean beef or another protein source.



SNACK: Choose a snack with 10–20g+ protein instead of grabbing carbs alone.



DINNER: Start with your protein, then add vegetables, carbohydrates and healthy fats.

THE SIMPLE PROTEIN PLATE

- PICK YOUR PROTEIN**
Chicken • Turkey • Beef
Fish • Eggs • Greek yogurt
Cottage cheese • Beans
- ADD PRODUCE**
Vegetables and/or fruit
- ADD A QUALITY CARBOHYDRATE**
Rice • Potatoes • Oats
Quinoa • Whole grains • Fruit
- ADD HEALTHY FAT AS NEEDED**
Avocado • Nuts • Seeds
Olive oil

**COACH'S
TIP**

You don't need a "perfect" diet.

Focus on doing the basics consistently:

PROTEIN AT EACH MEAL. WHOLE FOODS MOST OF THE TIME.

PLENTY OF FRUITS & VEGETABLES. HYDRATE.

BE CONSISTENT—NOT PERFECT.



HEALTHY EATING ON THE GO

GAS STATION FOOD CHEAT SHEET

Busy doesn't have to mean drive-thru.

Whether you're traveling, working long hours or running between activities, you can put together a balanced meal or snack at almost any gas station.



START WITH PROTEIN

- ▶ Greek yogurt
- ▶ Hard-boiled eggs
- ▶ Cottage cheese
- ▶ String cheese or cheese sticks
- ▶ Beef or turkey jerky
- ▶ Tuna or chicken packets
- ▶ Deli turkey or chicken
- ▶ Ready-to-drink protein shakes
- ▶ Protein bars
- ▶ Milk or high-protein milk
- ▶ Hummus cups

AIM FOR: 15-30G OF PROTEIN
WHEN REPLACING A MEAL.



ADD A SMART CARB

- ▶ Banana
- ▶ Apple
- ▶ Orange
- ▶ Berries or fruit cup
- ▶ Oatmeal
- ▶ Whole-grain crackers
- ▶ Rice cakes
- ▶ Whole-grain bread or wrap
- ▶ SkinnyPop or SmartPop popcorn (as a last resort)



ADD HEALTHY FAT IF YOU NEED MORE STAYING POWER

- ▶ Almonds
- ▶ Pistachios
- ▶ Cashews
- ▶ Peanuts
- ▶ Mixed nuts
- ▶ Nut butter packets
- ▶ Hummus
- ▶ Sunflower or pumpkin seeds

TIP: Nuts are nutritious but calorie-dense—
a small handful goes a long way.

EASY GAS STATION COMBOS



QUICK BREAKFAST

Greek yogurt +
banana + coffee



HIGH-PROTEIN SNACK

Protein shake +
piece of fruit



ROAD TRIP SNACK

Jerky + apple +
small handful
of almonds



MINI MEAL

Turkey or chicken
sandwich +
fruit + water



NO-REFRIGERATION OPTION

Tuna packet +
whole-grain
crackers + fruit



SOMETHING SWEET

Greek yogurt +
berries



POST-WORKOUT OPTION

Protein shake +
banana

WHEN CHOOSING A PROTEIN BAR

Flip it over and check the label.
A good general target:

- ✓ Protein: 15-25g
- ✓ Added sugar: Keep it relatively low
- ✓ Calories: Choose an amount that fits whether it's a snack or meal replacement.

And remember: a protein bar
doesn't automatically make
something healthy.



WHAT ABOUT DRINKS?

Make water your go-to.

Other options:

- ◊ Sparkling water
- ◊ Unsweetened tea
- ◊ Coffee
- ◊ Zero-sugar electrolyte drinks
- ◊ Low-sugar flavored water
- ◊ High-protein milk
- ◊ Ready-to-drink protein shake



THE GAS STATION RULE PROTEIN + PRODUCE + WATER

Pick one protein, add a fruit or vegetable,
and grab water.

*It doesn't need to be perfect.
Make the best choice available and keep moving forward.*

COACHING | CONSULTING | WELLNESS SERVICES

Strong. Confident. Consistent. —♡