



LIFT MORE AGE LESS LIBRARY · FREE PRINTABLE

# THE PROTEIN *Cheat Sheet*

*30 g in 5 minutes, 20 ways.*

Girls gotta eat. Protein is what builds and keeps the muscle that keeps you strong, steady and lifting for life. Most of us are way under.

## THE GOAL

# 25 to 35 g

at each meal. Spread it out. Your body uses it better that way than in one giant dinner.

## A STARTING POINT

In the Lift More Age Less app we set protein around **1 g per lb of your goal body weight**, adjusted to your goal. Use that as a general target, not a rule.

*Don't overthink it. Pick a protein first, then build the plate around it. Every meal. That's the whole trick.*

## INSIDE

Protein in common foods

20 quick 30 g combos

Daily tracker

General information only, not medical or dietary advice. If you have kidney issues or a medical condition, check with your doctor or dietitian about how much protein is right for you.

## KNOW YOUR NUMBERS

# PROTEIN IN *common foods*

| FOOD                               | SERVING           | PROTEIN    |
|------------------------------------|-------------------|------------|
| Chicken breast, cooked             | 4 oz (palm-sized) | 35 g       |
| Lean ground beef or turkey, cooked | 4 oz              | 28 g       |
| Salmon or white fish, cooked       | 4 oz              | 25 g       |
| Canned tuna, drained               | 1 can (120 g)     | 25 g       |
| Shrimp, cooked                     | 4 oz              | 24 g       |
| Eggs, large                        | 2 eggs            | 12 g       |
| Egg whites, liquid                 | 1 cup             | 26 g       |
| Greek yogurt, plain 0 to 2%        | 3/4 cup           | 17 g       |
| Cottage cheese                     | 3/4 cup           | 20 g       |
| Protein powder (whey or plant)     | 1 scoop           | 20 to 25 g |
| Milk (dairy)                       | 1 cup             | 8 g        |
| Ultra-filtered milk                | 1 cup             | 13 g       |
| Firm tofu                          | 1/2 block (175 g) | 20 g       |
| Lentils or chickpeas, cooked       | 1 cup             | 15 to 18 g |
| Edamame, shelled                   | 1 cup             | 18 g       |
| Deli turkey or chicken             | 3 oz              | 15 g       |
| Cheese (cheddar, mozzarella)       | 1 oz              | 7 g        |
| Beef jerky                         | 1 oz              | 10 g       |

Numbers are approximate and vary by brand and cut. Check your labels. Close enough is good enough.

*Easy eyeball: a palm-sized portion of meat or fish is roughly 25 to 35 g. Two palms if you're bigger or training hard.*

GRAB AND GO

# 20 WAYS TO 30g

## 5 IDEAS

### Breakfast

- 3/4 cup Greek yogurt + 1/2 scoop protein + berries
- 2 eggs + 1/2 cup egg whites, scrambled, on toast
- Protein coffee: 1 scoop protein in iced coffee + a cheese stick
- 1 cup cottage cheese + fruit + 2 tbsp hemp hearts
- Overnight oats made with ultra-filtered milk + 1 scoop protein

## 5 IDEAS

### Lunch

- Tuna (1 can) + Greek yogurt mayo in a wrap
- 4 oz leftover chicken over a big salad
- Turkey wrap: 4 oz deli turkey + cheese + veggies
- 2 cups lentil soup + 2 hard-boiled eggs
- Burrito bowl: 4 oz ground turkey + beans + rice

## 5 IDEAS

### Snacks

- Protein shake made with milk
- 1 cup cottage cheese + 2 tbsp hemp hearts
- 1 cup Greek yogurt + 1 oz jerky
- 1 cup edamame + 2 cheese sticks
- 2 hard-boiled eggs + 4 oz deli chicken

## 5 IDEAS

### Dinner

- 4 oz salmon + rice + roasted veg
- Sheet pan chicken thighs + potatoes
- 4 oz shrimp stir fry + edamame
- Lean beef tacos (4 oz) + Greek yogurt on top
- Tofu (1/2 block) curry + chickpeas

*Can I vs. should I? Can you skip protein at breakfast? Sure. Should you? Not if you want to feel strong at 3 pm.*

TRACK IT

# YOUR *protein* WEEK

Jot the grams for each meal. Add it up at night. One week of tracking teaches you more than a month of guessing.

## MY DAILY TARGET

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| MEAL        | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------|-----|-----|-----|-----|-----|-----|-----|
| Breakfast   |     |     |     |     |     |     |     |
| Lunch       |     |     |     |     |     |     |     |
| Snack       |     |     |     |     |     |     |     |
| Dinner      |     |     |     |     |     |     |     |
| Daily total |     |     |     |     |     |     |     |

### Wins this week

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### What made it hard

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*The Lift More Age Less app does this math for you and swaps meals to hit your numbers.  
Join the waitlist at [ashleymathewson.co](https://ashleymathewson.co).*