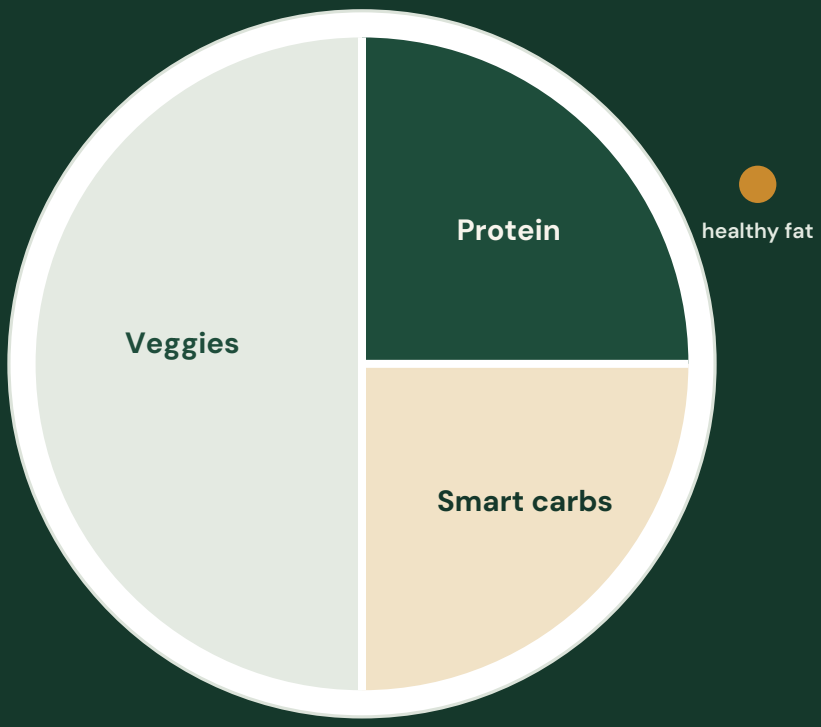
COACH LUKE · PRINTABLE NUTRITION GUIDE

The High-Protein *Food Guide*

Know exactly what to eat to hit your protein target, without counting every bite. Built for busy women 25+.



102 foods ranked | 30-gram cheat sheet | 7-day meal plan | 28-day habit tracker

By Coach Luke

NASM-CPT · NESTA Nutrition Coach · 20+ years coaching

coachluke.com

START HERE

Welcome, and how to use this guide

Hi, I'm Coach Luke. In more than 20 years of training clients, the single change that helps the most women feel stronger, fuller and more in control of their eating is simple: get enough protein, spread across the day.

Most women I coach are not eating too much. They are under-eating protein at breakfast and lunch, then running on snacks by 3 p.m. This guide fixes that with lists, numbers and ready-made meals, so you never have to guess.

You do not need to track forever. Use the guide for four weeks, learn what 25 to 40 grams looks like on your plate, and it becomes second nature.

1. **Find your number**
   Use the protein target chart on page 4 to set your daily goal.

2. **Pick your foods**
   Scan the six food lists (pages 6 to 11). Tick the ones you enjoy.

3. **Build easy meals**
   Use the 30-gram cheat sheet, breakfasts and snacks to fill each meal.

4. **Follow the 7-day plan**
   Borrow the sample week, or use it as a template for your own.

5. **Track for 28 days**
   Print the trackers and tick off one small protein habit a day.

Your free bonus: 28 daily coaching emails

One short email a day that matches the 28-day habit tracker. Scan the QR code on the last page to start.

THE WHY

Why protein matters after 25

Protein is the building material for muscle, bone, skin, hair and the enzymes that keep you running. Here is what that means for your day-to-day life.

Stay strong as you age

Muscle mass slowly declines from your 30s onward unless you work to keep it. Enough protein plus strength training is the best-supported way to protect it.

Feel full longer

Studies suggest protein is the most filling of the three macronutrients. A protein-rich breakfast often means fewer cravings by mid-afternoon.

Support fat loss

When you eat in a calorie deficit, higher protein helps you keep more muscle, so more of the weight you lose comes from fat.

Recover from workouts

Spreading 25 to 40 grams across your meals gives your muscles a steady supply of what they need to repair and adapt.

Steadier energy

Pairing protein with carbs slows digestion, which many women notice as fewer energy crashes after meals.

Healthy bones

Protein works alongside calcium and vitamin D. Research links adequate protein with better bone health in women.

A quick safety note

This guide is general education, not medical advice. If you have kidney disease or reduced kidney function, diabetes, are pregnant or breastfeeding, or follow a diet prescribed by your doctor, check with your doctor or a registered dietitian before you raise your protein. Nutrition values are averages based on USDA data and vary by brand and cooking method, so check your labels.

YOUR NUMBER

Find your daily protein target

Find your weight in the left column. The Recommended Dietary Allowance (0.8 g per kg) is a minimum to prevent deficiency. Many experts suggest active women aim higher.

Your weight	In kg	Minimum 0.8 g/kg	Active 1.2 g/kg	Strength focus 1.6 g/kg	Per meal (4 times a day)
110 lb	50	40 g	60 g	**80 g**	15 to 20 g
120 lb	54	44 g	65 g	**87 g**	16 to 22 g
130 lb	59	47 g	71 g	**94 g**	18 to 24 g
140 lb	64	51 g	76 g	**102 g**	19 to 25 g
150 lb	68	54 g	82 g	**109 g**	20 to 27 g
160 lb	73	58 g	87 g	**116 g**	22 to 29 g
170 lb	77	62 g	93 g	**123 g**	23 to 31 g
180 lb	82	65 g	98 g	**131 g**	24 to 33 g
190 lb	86	69 g	103 g	**138 g**	26 to 34 g
200 lb	91	73 g	109 g	**145 g**	27 to 36 g
210 lb	95	76 g	114 g	**152 g**	29 to 38 g
220 lb	100	80 g	120 g	**160 g**	30 to 40 g
230 lb	104	83 g	125 g	**167 g**	31 to 42 g
240 lb	109	87 g	131 g	**174 g**	33 to 44 g
250 lb	113	91 g	136 g	**181 g**	34 to 45 g

Which column is me?

Light activity or just starting: aim for the Active column. Lifting weights 2+ days a week, over 40, or losing weight: aim between Active and Strength focus. Research on exercising adults supports 1.4 to 2.0 g/kg.

Carrying extra weight?

Use your goal weight, not your current weight, for a more realistic number. Then split it across 3 meals and 1 snack. Hitting your per-meal number matters more than a perfect daily total.

My daily target: _____ g My per-meal target: _____ g

READING THE LISTS

How the food lists work

Every food on the next six pages shows a typical serving, grams of protein and calories. The last column ranks how much protein you get for the calories, so you can choose wisely.

LEAN

10+ grams of protein per 100 calories

Your best bets for building meals. Chicken breast, fish, shrimp, egg whites, nonfat Greek yogurt, tofu.

SOLID

5 to 9.9 grams per 100 calories

Great everyday choices with a bit more fat or carbs. Eggs, beans, lentils, chickpeas, hummus, cheese, milk.

BOOSTER

Under 5 grams per 100 calories

Add-ons that bring fiber, healthy fats or carbs plus some protein. Nuts, nut butters, most seeds, whole grains.

Four things to know

- **Cooked vs. raw.** Meat and fish are listed as cooked weight. 4 oz cooked is about 5 oz raw, or roughly the size of your palm.
- **Complete proteins.** Animal foods and soy contain all nine essential amino acids. Mix beans, grains, nuts and seeds through the day and plant eaters get the same benefit.
- **Labels win.** Values are averages from USDA data. Brands differ, especially for protein powders, bars, seitan and yogurt, so trust the label in your hand.
- **Lean is not the only goal.** Eggs, nuts and seeds rank lower per calorie but bring vitamins, minerals and healthy fats. Variety is the point.

FOOD LIST 1 OF 6

Poultry & Meat

Lean animal proteins are the easiest way to land 25 to 35 grams in one meal.

FOOD	SERVING	PROTEIN	CALORIES	PER 100 CAL
☐ Chicken breast, skinless	4 oz cooked	**35 g**	185	18.9 g LEAN
☐ Turkey breast, roasted	4 oz cooked	**34 g**	165	20.6 g LEAN
☐ Beef sirloin, lean	4 oz cooked	**33 g**	200	16.5 g LEAN
☐ Beef eye of round, lean	4 oz cooked	**33 g**	190	17.4 g LEAN
☐ Lamb leg, lean	4 oz cooked	**32 g**	215	14.9 g LEAN
☐ Ground turkey, 93% lean	4 oz cooked	**30 g**	230	13.0 g LEAN
☐ Pork tenderloin	4 oz cooked	**30 g**	160	18.8 g LEAN
☐ Ground beef, 93% lean	4 oz cooked	**29 g**	220	13.2 g LEAN
☐ Chicken thigh, skinless	4 oz cooked	**28 g**	200	14.0 g LEAN
☐ Ground bison	4 oz cooked	**28 g**	200	14.0 g LEAN
☐ Chicken drumstick, skinless	4 oz cooked	**27 g**	175	15.4 g LEAN
☐ Rotisserie chicken, white meat	3 oz, no skin	**26 g**	140	18.6 g LEAN
☐ Ground chicken	4 oz cooked	**26 g**	215	12.1 g LEAN
☐ Lean ham, extra-lean	3 oz	**14 g**	95	14.7 g LEAN
☐ Chicken sausage	1 link (3 oz)	**13 g**	140	9.3 g SOLID
☐ Deli turkey breast	2 oz	**10 g**	60	16.7 g LEAN
☐ Turkey bacon	2 slices	**5 g**	70	7.1 g SOLID

Tick the box next to foods you enjoy. Those become your go-to list for the grocery page.

FOOD LIST 2 OF 6

Fish & Seafood

Aim for seafood twice a week. Fatty fish like salmon and sardines also bring omega-3s.

FOOD	SERVING	PROTEIN	CALORIES	PER 100 CAL
☐ Tuna steak (yellowfin)	4 oz cooked	33 g	145	22.8 g LEAN
☐ Tilapia	4 oz cooked	29 g	145	20.0 g LEAN
☐ Salmon, wild	4 oz cooked	28 g	200	14.0 g LEAN
☐ Shrimp	4 oz cooked	27 g	110	24.5 g LEAN
☐ Mahi-mahi	4 oz cooked	27 g	125	21.6 g LEAN
☐ Mussels	4 oz cooked	27 g	195	13.8 g LEAN
☐ Rainbow trout	4 oz cooked	27 g	190	14.2 g LEAN
☐ Cod	4 oz cooked	26 g	120	21.7 g LEAN
☐ Halibut	4 oz cooked	25 g	125	20.0 g LEAN
☐ Tuna in olive oil, drained	3 oz	25 g	170	14.7 g LEAN
☐ Scallops	4 oz cooked	23 g	125	18.4 g LEAN
☐ Sardines in oil, drained	1 can (3.75 oz)	23 g	190	12.1 g LEAN
☐ Tuna, canned in water	3 oz drained	21 g	100	21.0 g LEAN
☐ Salmon, canned	3 oz drained	20 g	120	16.7 g LEAN
☐ Crab meat, canned	3 oz	15 g	70	21.4 g LEAN
☐ Smoked salmon	2 oz	10 g	65	15.4 g LEAN

Tick the box next to foods you enjoy. Those become your go-to list for the grocery page.

FOOD LIST 3 OF 6

Eggs & Dairy

Greek yogurt, cottage cheese and egg whites are the quiet heroes of breakfast protein.

FOOD	SERVING	PROTEIN	CALORIES	PER 100 CAL
☐ Greek yogurt, plain nonfat	3/4 cup (6 oz)	17 g	100	17.0 g LEAN
☐ Greek yogurt, plain 2%	3/4 cup (6 oz)	17 g	125	13.6 g LEAN
☐ Skyr (Icelandic yogurt), plain	5.3 oz cup	16 g	90	17.8 g LEAN
☐ Ricotta, part-skim	1/2 cup	14 g	170	8.2 g SOLID
☐ Cottage cheese, 1%	1/2 cup	14 g	80	17.5 g LEAN
☐ Cottage cheese, 2%	1/2 cup	13 g	90	14.4 g LEAN
☐ Liquid egg whites	1/2 cup	13 g	65	20.0 g LEAN
☐ Ultra-filtered milk, fat-free	1 cup	13 g	80	16.2 g LEAN
☐ Parmesan, hard	1 oz	10 g	110	9.1 g SOLID
☐ Kefir, plain low-fat	1 cup	9 g	105	8.6 g SOLID
☐ Milk, 1%	1 cup	8 g	100	8.0 g SOLID
☐ Swiss cheese	1 oz	8 g	110	7.3 g SOLID
☐ String cheese, part-skim	1 stick	7 g	80	8.8 g SOLID
☐ Cheddar cheese	1 oz	7 g	115	6.1 g SOLID
☐ Egg, large	1 egg	6 g	70	8.6 g SOLID
☐ Fresh mozzarella	1 oz	6 g	85	7.1 g SOLID
☐ Feta cheese	1 oz	4 g	75	5.3 g SOLID

Tick the box next to foods you enjoy. Those become your go-to list for the grocery page.

FOOD LIST 4 OF 6

Beans, Lentils & Soy

Soy foods are complete proteins. Beans and lentils add fiber you will feel all afternoon.

FOOD	SERVING	PROTEIN	CALORIES	PER 100 CAL
☐ Seitan (varies by brand)	3 oz	18 g	110	16.4 g LEAN
☐ Edamame, shelled	1 cup cooked	18 g	190	9.5 g SOLID
☐ Lentils	1 cup cooked	18 g	230	7.8 g SOLID
☐ Tempeh	3 oz	17 g	165	10.3 g LEAN
☐ Split peas	1 cup cooked	16 g	230	7.0 g SOLID
☐ Black beans	1 cup cooked	15 g	225	6.7 g SOLID
☐ Kidney beans	1 cup cooked	15 g	225	6.7 g SOLID
☐ Pinto beans	1 cup cooked	15 g	245	6.1 g SOLID
☐ Chickpeas	1 cup cooked	15 g	270	5.6 g SOLID
☐ Navy beans	1 cup cooked	15 g	255	5.9 g SOLID
☐ Lima beans	1 cup cooked	15 g	215	7.0 g SOLID
☐ Mung beans	1 cup cooked	14 g	210	6.7 g SOLID
☐ Black-eyed peas	1 cup cooked	13 g	200	6.5 g SOLID
☐ Tofu, extra-firm	4 oz	11 g	95	11.6 g LEAN
☐ Green peas	1 cup cooked	9 g	135	6.7 g SOLID
☐ Pea milk, unsweetened	1 cup	8 g	80	10.0 g LEAN
☐ Nutritional yeast	1/4 cup	8 g	60	13.3 g LEAN
☐ Soy milk, unsweetened	1 cup	7 g	80	8.8 g SOLID
☐ Hummus	1/4 cup	5 g	100	5.0 g SOLID

Tofu, tempeh and edamame are complete proteins. Pair beans with grains through the day for the full set of amino acids.

FOOD LIST 5 OF 6

Nuts, Seeds & Grains

These add protein on top of your main source. Seeds and nuts are calorie-dense, so measure.

FOOD	SERVING	PROTEIN	CALORIES	PER 100 CAL
☐ Dry-roasted soybeans	1/4 cup	17 g	195	8.7 g SOLID
☐ Chickpea pasta	2 oz dry	11 g	190	5.8 g SOLID
☐ Hemp hearts	3 tbsp	10 g	165	6.1 g SOLID
☐ Pumpkin seeds (pepitas)	1 oz	9 g	160	5.6 g SOLID
☐ Quinoa	1 cup cooked	8 g	220	3.6 g BOOSTER
☐ Whole-wheat pasta	2 oz dry	8 g	200	4.0 g BOOSTER
☐ Peanuts	1 oz	7 g	160	4.4 g BOOSTER
☐ Peanut butter	2 tbsp	7 g	190	3.7 g BOOSTER
☐ Wild rice	1 cup cooked	7 g	165	4.2 g BOOSTER
☐ Powdered peanut butter	2 tbsp	6 g	60	10.0 g LEAN
☐ Almonds	1 oz (about 23)	6 g	165	3.6 g BOOSTER
☐ Pistachios	1 oz (about 49)	6 g	160	3.8 g BOOSTER
☐ Sunflower seeds	1 oz	6 g	165	3.6 g BOOSTER
☐ Chia seeds	1 oz (about 2.5 tbsp)	5 g	140	3.6 g BOOSTER
☐ Rolled oats	1/2 cup dry	5 g	150	3.3 g BOOSTER
☐ Sprouted-grain bread	1 slice	5 g	80	6.2 g SOLID
☐ Tahini	2 tbsp	5 g	180	2.8 g BOOSTER
☐ Cashews	1 oz	5 g	155	3.2 g BOOSTER
☐ Whole-wheat bread	1 slice	4 g	80	5.0 g SOLID
☐ Walnuts	1 oz	4 g	185	2.2 g BOOSTER

Tick the box next to foods you enjoy. Those become your go-to list for the grocery page.

FOOD LIST 6 OF 6

Grab-and-Go Proteins

For busy days. Labels vary by brand, so always check the one in your hand.

FOOD	SERVING	PROTEIN	CALORIES	PER 100 CAL
☐ Ready-to-drink protein shake	1 bottle (11 oz)	**30 g**	160	18.8 g LEAN
☐ Whey protein powder	1 scoop (about 30 g)	**24 g**	120	20.0 g LEAN
☐ Plant protein powder	1 scoop	**20 g**	120	16.7 g LEAN
☐ Protein bar (check label)	1 bar	**20 g**	200	10.0 g LEAN
☐ Collagen peptides*	2 scoops (20 g)	**18 g**	70	25.7 g LEAN
☐ Tuna pouch	2.6 oz pouch	**17 g**	70	24.3 g LEAN
☐ Greek yogurt cup, nonfat	5.3 oz cup	**15 g**	90	16.7 g LEAN
☐ Hard-boiled eggs	2 eggs	**12 g**	140	8.6 g SOLID
☐ Beef jerky	1 oz	**9 g**	115	7.8 g SOLID
☐ Meat stick	1 stick (1 oz)	**9 g**	90	10.0 g LEAN
☐ Bone broth	1 cup	**9 g**	45	20.0 g LEAN
☐ Edamame snack pack	1/2 cup shelled	**9 g**	95	9.5 g SOLID
☐ Roasted chickpeas	1 oz	**5 g**	120	4.2 g BOOSTER

**Collagen is missing the amino acid tryptophan, so it is not a complete protein. Count it as a bonus, not a main source.*

LEANEST PICKS

Top 30 proteins per calorie

Ranked by grams of protein per 100 calories. The most protein for the fewest calories is at the top. Collagen and repeat pack sizes (tuna pouch, yogurt cup) are left out.

1	Shrimp	27 g / 110	24.5 g
2	Tuna steak (yellowfin)	33 g / 145	22.8 g
3	Cod	26 g / 120	21.7 g
4	Mahi-mahi	27 g / 125	21.6 g
5	Crab meat, canned	15 g / 70	21.4 g
6	Tuna, canned in water	21 g / 100	21.0 g
7	Turkey breast, roasted	34 g / 165	20.6 g
8	Tilapia	29 g / 145	20.0 g
9	Halibut	25 g / 125	20.0 g
10	Liquid egg whites	13 g / 65	20.0 g
11	Whey protein powder	24 g / 120	20.0 g
12	Bone broth	9 g / 45	20.0 g
13	Chicken breast, skinless	35 g / 185	18.9 g
14	Pork tenderloin	30 g / 160	18.8 g
15	Ready-to-drink protein shake	30 g / 160	18.8 g
16	Rotisserie chicken, white meat	26 g / 140	18.6 g
17	Scallops	23 g / 125	18.4 g
18	Skyr (Icelandic yogurt), plain	16 g / 90	17.8 g
19	Cottage cheese, 1%	14 g / 80	17.5 g
20	Beef eye of round, lean	33 g / 190	17.4 g
21	Greek yogurt, plain nonfat	17 g / 100	17.0 g
22	Deli turkey breast	10 g / 60	16.7 g
23	Salmon, canned	20 g / 120	16.7 g
24	Plant protein powder	20 g / 120	16.7 g
25	Beef sirloin, lean	33 g / 200	16.5 g
26	Seitan (varies by brand)	18 g / 110	16.4 g
27	Ultra-filtered milk, fat-free	13 g / 80	16.2 g
28	Chicken drumstick, skinless	27 g / 175	15.4 g
29	Smoked salmon	10 g / 65	15.4 g
30	Lamb leg, lean	32 g / 215	14.9 g

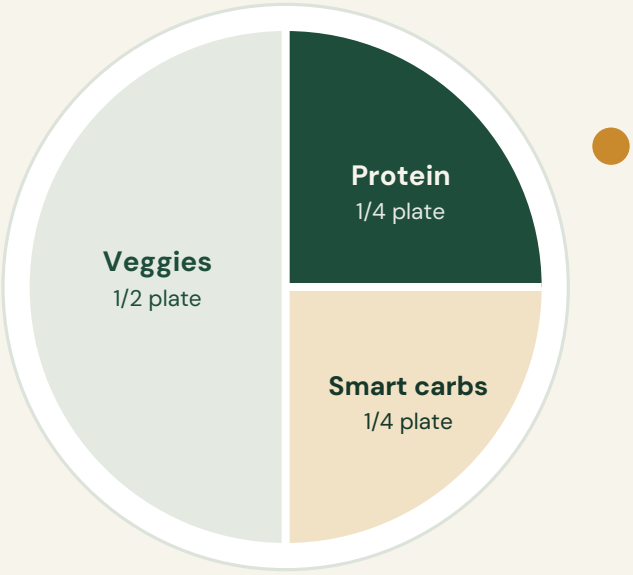
Coach Luke tip

Build each meal around one food from this page, then add color, fiber and a little healthy fat. That is the whole system.

NO COUNTING NEEDED

The plate method and hand portions

When you cannot weigh or track, use your plate and your hand. Your hand is always with you and it scales to your body size.



Build every plate in 4 steps

1. Start with a palm-size protein from the Lean or Solid lists.
2. Fill half the plate with vegetables or salad.
3. Add a cupped hand of smart carbs: fruit, beans, potatoes, whole grains.
4. Finish with a thumb of healthy fat: olive oil, avocado, nuts.

Hand portions for protein

1 palm — about 20 to 30 g

Meat, poultry, fish, tofu, tempeh

Thickness and size of your palm, no fingers.

1 cupped hand — about 8 to 15 g

Greek yogurt, cottage cheese, beans, lentils

Roughly 1/2 cup.

2 eggs — about 12 g

Whole eggs

Add 1/2 cup egg whites for +13 g.

1 thumb — about 3 to 7 g

Nut butter, cheese

Counts as protein and fat.

Most women hit their per-meal target with 1 to 1.5 palms of protein at each meal. If you lift weights or are over 40, lean toward 1.5.

MEALS IN MINUTES

The 30-gram cheat sheet

20 simple combinations that land roughly 25 to 40 grams of protein. Mix and match for any meal of the day.

Yogurt power bowl
1 cup nonfat Greek yogurt + 3 tbsp hemp hearts + berries

34 g · 368 cal

Burrito bowl
3 oz chicken breast + 1/2 cup black beans + salsa + greens

36 g · 286 cal

Cottage cheese & fruit
1 cup cottage cheese + 2 tbsp hemp hearts + berries

34 g · 360 cal

Turkey taco lettuce cups
4 oz 93% ground turkey + salsa + 1/2 oz cheddar

34 g · 308 cal

Veggie egg scramble
2 eggs + 1/2 cup egg whites + spinach + 1 slice sprouted toast

32 g · 300 cal

Chickpea pasta bolognese
2 oz chickpea pasta + 3 oz 93% beef + marinara

35 g · 425 cal

Protein oats
1/2 cup oats cooked in 1 cup ultra-filtered milk + 1/2 scoop whey

30 g · 290 cal

Pork & sweet potato
4 oz pork tenderloin + sweet potato + green veg

34 g · 292 cal

Two-minute shake
1 scoop whey + 1 cup ultra-filtered milk + banana

38 g · 305 cal

Cod & lentils
4 oz cod + 1/2 cup lentils + roasted veggies

37 g · 295 cal

Tuna salad wrap
1 tuna pouch + 1/4 cup Greek yogurt + whole-wheat tortilla + greens

28 g · 248 cal

Sardine toast
1 can sardines + 2 slices sprouted toast

33 g · 350 cal

Chicken salad
3 oz rotisserie white meat + big salad + 1 oz feta

32 g · 245 cal

Steak salad
4 oz sirloin over a big salad

35 g · 230 cal

Turkey roll-ups + cheese
4 oz deli turkey + 1 string cheese + cucumber

28 g · 220 cal

Snack plate
2 hard-boiled eggs + 1 string cheese + 1 oz meat stick

28 g · 310 cal

Salmon & quinoa
4 oz salmon + 1/2 cup quinoa + broccoli

36 g · 365 cal

Skyr + seeds
Skyr cup + 1 oz pumpkin seeds + berries

26 g · 285 cal

Shrimp stir-fry
4 oz shrimp + 1 cup veggies + 1/2 cup brown rice

32 g · 280 cal

Shake on the run
1 ready-to-drink protein shake

30 g · 160 cal

Totals are calculated from the food lists in this guide. Calories include the vegetables, fruit and grains named.

PLANT-POWERED

8 vegetarian 30-gram meals

Meatless meals can hit your target too. Soy foods, legumes, seeds and dairy do the heavy lifting.

Tofu scramble

8 oz extra-firm tofu + nutritional yeast + spinach + sprouted toast

Crumble tofu into a hot pan, season with turmeric, garlic and nutritional yeast, wilt in spinach.

33 g 315 cal

Plant shake

1 scoop plant protein + 1 cup soy milk + 1 tbsp powdered PB

Blend with ice and half a frozen banana if you like it thick.

30 g 230 cal

Tempeh grain bowl

3 oz tempeh + 1/2 cup quinoa + 1/2 cup edamame + veggies

Slice and pan-sear tempeh with soy sauce, pile over quinoa with edamame and roasted veggies.

32 g 430 cal

Seitan fajitas

3 oz seitan + 1/2 cup black beans + tortilla + salsa

Saute sliced seitan with peppers and onion, fajita spice, warm beans, wrap and top with salsa.

30 g 372 cal

Lentil chili

1 cup lentils + 1/2 cup kidney beans + 1/2 oz cheddar

Simmer lentils and beans with canned tomatoes, onion and chili spices for 20 minutes, top with cheese.

29 g 400 cal

Chia pudding (vegetarian)

1 oz chia + 1 cup soy milk + 3/4 cup Greek yogurt

Stir chia into soy milk, chill overnight, then layer with Greek yogurt and berries.

29 g 320 cal

Edamame pasta bowl

2 oz chickpea pasta + 1 cup edamame + marinara

Toss cooked pasta with warmed edamame and marinara. Finish with basil and black pepper.

31 g 450 cal

Hummus power plate

1/2 cup hummus + 1/2 cup edamame + 1 oz pumpkin seeds + veggies

Snack-board style: hummus, warm edamame, pepitas, crunchy veggies and pita if you like.

29 g 475 cal

Fully vegan? Swap Greek yogurt for soy yogurt and cheddar for nutritional yeast. Protein will drop slightly, so add 1/2 cup edamame.

START STRONG

10 high-protein breakfasts

Breakfast is where most women fall short. Each of these delivers 20 grams or more, and most take under 10 minutes.

Greek yogurt parfait

1 cup nonfat Greek yogurt, berries, 2 tbsp hemp hearts, 1/4 cup granola

Layer yogurt, berries and hemp, add granola last so it stays crunchy.

33 g 453 cal

Smoked salmon plate

2 oz smoked salmon, 1 egg, 1 slice sprouted toast, cucumber

Toast the bread, add salmon, a sliced boiled egg, cucumber and dill.

22 g 235 cal

Egg white veggie omelet

2 eggs + 1/2 cup egg whites, spinach, 1 oz feta, 1 slice toast

Whisk eggs and whites, cook over medium, fill with spinach and feta, fold.

35 g 375 cal

Berry protein smoothie

1 scoop whey, 1 cup ultra-filtered milk, 1 cup berries, spinach

Blend with frozen berries and a handful of ice. Done in 2 minutes.

39 g 278 cal

Overnight protein oats

1/2 cup oats, 1 cup ultra-filtered milk, 1/2 scoop whey, 1 tbsp chia

Shake everything in a jar the night before. Eat cold or warm for 60 seconds.

32 g 346 cal

Skyr & nut butter bowl

Skyr cup, 2 tbsp powdered PB, banana, 1 tbsp chia

Stir powdered PB into skyr, top with banana slices and chia.

25 g 311 cal

Cottage cheese toast

1/2 cup cottage cheese on 2 slices sprouted toast + tomato

Spread on toast, top with sliced tomato, salt, pepper and everything seasoning.

23 g 250 cal

Chicken sausage & eggs

1 chicken sausage, 2 eggs, sauteed peppers

Brown the sausage, then cook eggs in the same pan with the peppers.

26 g 300 cal

Breakfast burrito

2 eggs + 1/4 cup egg whites, 1/4 cup black beans, salsa, tortilla

Scramble eggs and whites, add warm beans and salsa, roll. Freezes well.

27 g 379 cal

Tofu breakfast tacos

6 oz tofu scramble, salsa, 1/4 avocado, 2 small tortillas

Season crumbled tofu with taco spice, fill tortillas, add avocado and salsa.

22 g 350 cal

Short on time? Prep overnight oats, chia pudding or egg bites the night before and grab them on the way out.

BETWEEN MEALS

20 high-protein snacks

Every snack here is under 200 calories. Use one to close the gap when a meal comes up short.

☐ Tuna pouch + cucumber slices	90 cal	18 g
☐ Skyr cup	90 cal	16 g
☐ Meat stick + string cheese	170 cal	16 g
☐ Nonfat Greek yogurt cup	90 cal	15 g
☐ 1/2 cup cottage cheese + cucumber	110 cal	14 g
☐ Deli turkey roll-ups + 1/2 oz cheddar	118 cal	14 g
☐ 1 cup ultra-filtered milk	80 cal	13 g
☐ 2 hard-boiled eggs	140 cal	12 g
☐ Half scoop whey shaken with water	60 cal	12 g
☐ 2 oz smoked salmon + cucumber	85 cal	11 g
☐ Edamame snack pack	95 cal	9 g
☐ 1 oz beef jerky	115 cal	9 g
☐ 1 cup bone broth	45 cal	9 g
☐ 1 oz pumpkin seeds	160 cal	9 g
☐ 1 cup kefir	105 cal	9 g
☐ 1 cup soy milk	80 cal	7 g
☐ 1/4 cup hummus + 1 cup veggies	120 cal	6 g
☐ Apple + 2 tbsp powdered PB	155 cal	6 g
☐ 1 oz pistachios	160 cal	6 g
☐ 1 oz roasted chickpeas	120 cal	5 g

Build a desk-drawer and car kit

Keep shelf-stable protein where you get hungry: tuna pouches, jerky or meat sticks, roasted chickpeas, single-serve protein shakes and a shaker bottle with a scoop of powder. Hunger hits, and you already have a plan.

SAMPLE WEEK, PART 1 OF 2

7-day high-protein meal plan

Each day lands around 110 to 140 g of protein and about 1,500 to 1,600 calories. Need more energy? Add fruit, whole grains or healthy fats. Need less? Trim the carbs and fats, keep the protein.

Day 1 141 g 1,591 cal	BREAKFAST	Greek yogurt parfait with berries, hemp hearts and granola	33 g
	LUNCH	Chicken burrito bowl: black beans, brown rice, salsa, greens	48 g
	SNACK	Tuna pouch, cucumber and 1 oz almonds	24 g
	DINNER	Salmon, 1/2 cup quinoa and broccoli	36 g
Day 2 123 g 1,515 cal	BREAKFAST	Veggie egg scramble, sprouted toast and a banana	33 g
	LUNCH	Turkey roll-ups, string cheese, hummus, veggies, 1/2 avocado	34 g
	SNACK	Skyr cup, berries and 1 oz almonds	22 g
	DINNER	Pork tenderloin, sweet potato, roasted veg	34 g
Day 3 129 g 1,587 cal	BREAKFAST	Overnight protein oats with berries	33 g
	LUNCH	Big chicken salad with feta and sprouted toast	46 g
	SNACK	2 hard-boiled eggs, apple, 1 oz almonds	18 g
	DINNER	Shrimp stir-fry with 1/2 cup brown rice	32 g
Day 4 126 g 1,595 cal	BREAKFAST	Two-minute shake (whey, ultra-filtered milk, banana)	38 g
	LUNCH	Lentil soup, 1/2 oz cheddar, 2 slices sprouted toast	34 g
	SNACK	Cottage cheese, berries and an apple	14 g
	DINNER	Turkey taco lettuce cups, pinto beans, avocado	40 g

SAMPLE WEEK, PART 2 OF 2

7-day high-protein meal plan

Mix and match any day. Leftovers from dinner make an easy lunch the next day, and most breakfasts can be prepped the night before.

Day 5 110 g 1,591 cal	BREAKFAST	Cottage cheese toast, 1 egg and a banana	30 g
	LUNCH	Tuna salad wrap and an apple	29 g
	SNACK	Edamame snack pack and 1 oz almonds	15 g
	DINNER	Chickpea pasta bolognese with side salad	36 g
Day 6 114 g 1,595 cal	BREAKFAST	Smoked salmon plate with 2 eggs, toast and a banana	29 g
	LUNCH	Tempeh grain bowl with edamame	32 g
	SNACK	Greek yogurt cup and an apple	15 g
	DINNER	Steak salad with avocado and sweet potato	38 g
Day 7 118 g 1,549 cal	BREAKFAST	Breakfast burrito with 1/2 avocado	28 g
	LUNCH	Sardine toast, side salad and an apple	34 g
	SNACK	Ultra-filtered milk latte and 1 oz pistachios	19 g
	DINNER	Cod with lentils and roasted veg	37 g

Meal prep in about an hour

- Sunday: roast 2 lb chicken breast or pork tenderloin and a sheet pan of vegetables.
- Cook a pot of lentils or quinoa, and hard-boil 6 to 8 eggs.
- Portion yogurt or overnight oats into jars for 3 breakfasts.
- Wednesday: a quick second prep keeps food fresh for the back half of the week.

SHOP SMARTER

High-protein grocery list

Tick what you need this week. Blank lines are for your own favorites.

Poultry & meat

- [ ] Chicken breast
- [ ] Ground turkey 93%
- [ ] Pork tenderloin
- [ ] Lean sirloin
- [ ] Deli turkey
- [ ] Rotisserie chicken
- [ ] Chicken sausage
- [ ] _____
- [ ] _____
- [ ] _____

Fish & seafood

- [ ] Salmon
- [ ] Shrimp (frozen)
- [ ] Cod or tilapia
- [ ] Canned tuna / pouches
- [ ] Canned salmon
- [ ] Sardines
- [ ] Smoked salmon
- [ ] _____
- [ ] _____
- [ ] _____

Eggs & dairy

- [ ] Eggs
- [ ] Liquid egg whites
- [ ] Plain Greek yogurt
- [ ] Skyr
- [ ] Cottage cheese
- [ ] Ultra-filtered milk
- [ ] String cheese
- [ ] Cheddar or feta
- [ ] _____
- [ ] _____

Plant proteins

- [ ] Extra-firm tofu
- [ ] Tempeh
- [ ] Frozen edamame
- [ ] Lentils (dry or canned)
- [ ] Black beans
- [ ] Chickpeas
- [ ] Hummus
- [ ] Pinto or kidney beans
- [ ] _____
- [ ] _____

Pantry & grab-and-go

- [ ] Protein powder
- [ ] Chickpea pasta
- [ ] Quinoa
- [ ] Rolled oats
- [ ] Hemp hearts
- [ ] Powdered peanut butter
- [ ] Jerky or meat sticks
- [ ] Almonds or pistachios
- [ ] Sprouted bread & tortillas
- [ ] _____

Produce & extras

- [ ] Berries (fresh or frozen)
- [ ] Bananas & apples
- [ ] Salad greens
- [ ] Broccoli
- [ ] Sweet potatoes
- [ ] Avocados
- [ ] Salsa & marinara
- [ ] Spinach & cucumbers
- [ ] _____
- [ ] _____

LABEL SMARTS

Reading labels and choosing protein powder

Two minutes in the aisle saves you from "high protein" foods that are mostly sugar or marketing.

Read any label in 4 checks

1. **Serving size.**
   Is it the amount you actually eat? Double it if not.
2. **Protein grams.**
   Look for 10 g or more for a snack, 20 g or more for a meal.
3. **Protein per 100 calories.**
   Divide protein by calories, times 100. 10+ is lean.
4. **Added sugar.**
   Aim for under 8 g in yogurts, bars and shakes.

Good to know: the % Daily Value for protein on US labels is based on 50 g a day, which is lower than most active women need.

Protein powder checklist

- ✓ Third-party tested (look for NSF Certified for Sport or Informed Choice seals).
- ✓ 20 to 30 g of protein per scoop.
- ✓ Short ingredient list you recognize.
- ✓ Under 5 g of added sugar per scoop.
- ✓ Whey or casein if dairy works for you. Pea, soy or blends if not.
- ✓ No "proprietary blends" hiding the amounts.
- ✓ A flavor you actually like. You will only use it if you enjoy it.

5 easy protein swaps

Sour cream	→ Plain Greek yogurt	+9 g
Regular pasta	→ Chickpea or lentil pasta	+4 to 6 g
Regular milk	→ Ultra-filtered milk	+5 g
Granola bar	→ Greek yogurt cup or jerky	+6 to 12 g
Plain toast	→ Toast + cottage cheese	+13 g

PRINTABLE TRACKER

Weekly protein tracker

Write the grams you eat at each meal. Print one page per week.

Week of: _____ **Daily target:** _____ g

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Evening							
TOTAL							
Hit target?	☐	☐	☐	☐	☐	☐	☐

Wins this week

One thing to try next week

PRINTABLE PLANNER

Weekly high-protein meal planner

Plan your protein first, then fill in the rest. Use the cheat sheet and grocery list to make it fast.

	BREAKFAST	LUNCH	DINNER	SNACKS
Monday ____ g				
Tuesday ____ g				
Wednesday ____ g				
Thursday ____ g				
Friday ____ g				
Saturday ____ g				
Sunday ____ g				

Prep list

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THE 28-DAY CHALLENGE

28-Day Protein Habit Tracker

One small habit a day. Each habit has a matching coaching email in your free bonus. Tick the box when you have done it.

WEEK 1 · FOUNDATIONS

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐
Find your number	25 g+ protein at breakfast	Stock the fridge	Learn your palm portion	Upgrade one snack	Batch-cook one protein	Rest & review: log one full day

WEEK 2 · BUILD THE PLATE

8 ☐	9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐
Build a protein-first plate	Try a new seafood	Beans or lentils today	Hit 30 g at lunch	Read 3 labels	Protein in the evening snack	Halfway check-in

WEEK 3 · MAKE IT EASY

15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐
Make a two-minute shake	Sheet-pan protein prep	Order protein first when eating out	Pack a grab-and-go kit	Protein after a workout	Add fiber to a protein meal	Rest & review: what worked?

WEEK 4 · MAKE IT YOURS

22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐
Swap in Greek yogurt	Eggs three ways	Remix your leftovers	A family-friendly protein dinner	Upgrade weekend brunch	Plan next week	Celebrate & re-check your number

Missed a day? Skip it and keep going. Consistency over perfection is the whole game.

PRINT ME · FRIDGE POSTER

Protein fast facts

1.2 to 1.6
grams per kg of body weight, a smart daily range for active women

25 to 40 g
per meal, spread over 3 meals and a snack

1 palm
of meat, fish or tofu is about 20 to 30 g of protein

Breakfast
is where most women fall short. Start strong.

My go-to lean proteins

Chicken breast	4 oz cooked · 35 g	**Skyr**	5.3 oz cup · 16 g
Turkey breast	4 oz cooked · 34 g	**Pork tenderloin**	4 oz cooked · 30 g
Shrimp	4 oz cooked · 27 g	**Beef sirloin**	4 oz cooked · 33 g
Cod	4 oz cooked · 26 g	**Tofu**	4 oz · 11 g
Tuna	3 oz drained · 21 g	**Edamame**	1 cup cooked · 18 g
Liquid egg whites	1/2 cup · 13 g	**Lentils**	1 cup cooked · 18 g
Greek yogurt	3/4 cup (6 oz) · 17 g	**Tempeh**	3 oz · 17 g
Cottage cheese	1/2 cup · 13 g	**Whey protein powder**	1 scoop (about 30 g) · 24 g

Five rules that work

1. Protein first: build every plate around it.
2. Plan breakfast the night before.
3. Keep two grab-and-go proteins on hand.
4. Pair protein with strength training 2 to 3 days a week.
5. Progress over perfection. Most days is enough.

YOUR FREE BONUS

28 daily protein coaching emails

Scan the code to get one short email from me every day for the next 28 days. Each one matches a habit on your tracker, with a simple how-to, a meal idea and the reason it works. Free with your guide.

Scan with your *phone camera*

- Day-by-day coaching for all 28 habits
- Quick meal and snack ideas
- Unsubscribe any time with one click

Or type: coachluke.com/protein-guide-bonus

Free Resource Library

Free meal plans, guides and cheat sheets I use with real clients. One sign-up unlocks the whole library, plus my weekly newsletter.

coachluke.com/free-library

Loved this guide?

Reply to any coaching email and tell me how it's going. More free recipes and guides are waiting at coachluke.com.

Coach Luke

For personal use only. Please do not resell or share the file. This guide is for general education and is not medical advice. Nutrition values are approximate and vary by brand and preparation.