



THE Beginner's Guide to Protein



WHY PROTEIN
MATTERS



HOW MUCH
YOU NEED



TIPS TO EAT
MORE PROTEIN



YOUR FOUNDATION FOR A
STRONGER, HEALTHIER YOU



Welcome



I'm so glad you're here!
If you've ever felt unsure about how much protein you need or struggled to include enough protein in your meals, you're not alone.

The good news is that eating more protein **doesn't have to be complicated**. Small, simple changes can make a big difference in how satisfied, energized, and confident you feel.

In this guide, you'll discover practical tips, protein-rich food ideas, and easy meal inspiration to help you reach **100 grams of protein per day**—without strict rules or complicated meal plans.

I hope this guide inspires you to build simple habits that support your health and help you feel your best.

♡ *Let's do this!*





Why Protein *Matters*

Protein is one of the most important nutrients for your health and wellbeing. It plays a key role in building and maintaining muscle, supporting recovery, and helping your body function at its best.

Getting enough protein can also help you feel fuller for longer, making it easier to manage hunger and reduce cravings throughout the day. This is especially important if your goal is fat loss, as a higher protein intake can help preserve muscle mass while losing weight.

BENEFITS OF EATING ENOUGH PROTEIN:



Helps keep you fuller for longer

Helps preserve muscle during weight loss

Supports muscle maintenance and recovery

Supports energy levels and overall wellbeing



How Much Protein Do Women Need?



There is no one-size-fits-all recommendation when it comes to protein intake. The amount of protein you need depends on factors such as your body weight, activity level, age, and personal goals.

For example, women who exercise regularly, want to build or maintain muscle, or are trying to lose weight often benefit from a higher protein intake than those who are less active.



SUPPORTS MUSCLE

Helps build and maintain lean muscle



BOOSTS SATIETY

Keeps you full longer and reduces cravings



SUPPORTS GOALS

Aids in fat loss, recovery and overall health

PROTEIN RECOMMENDATIONS

GOAL		PROTEIN
	General health	0.8–1.0 g/kg
	Active lifestyle	1.2–1.6 g/kg
	Fat loss	1.6–2.2 g/kg



EXAMPLE FOR A 65 KG WOMAN

105–140 g of protein per day





Common Mistakes That Lower Protein Intakes

1.

Not eating enough protein at breakfast

Skipping or skimping on protein in the morning can make it harder to reach your daily goals.

2.

Saving all protein for dinner

Waiting until the end of the day to get your protein can lead to missed opportunities and lower intake.

3.

Choosing low-protein snacks

Many common snacks are low in protein and high in carbs, which can leave you unsatisfied and off track.

Spreading your protein intake across your meals and snacks can make it much easier to reach your daily protein goal. Many breakfasts and snacks are often higher in carbohydrates and lower in protein, which can make it challenging to get enough throughout the day.

By including a protein source at breakfast, lunch, dinner, and snacks, you can steadily build your protein intake and reach your goal more easily without having to rely on one large protein-rich meal.

10 Simple Ways to Eat More Protein

1. Start your day with at least 25g of protein
2. Include a protein source with every meal.
3. Choose high-protein dairy products
4. Plan protein-rich snacks
5. Cook extra protein into easy meals
6. Add protein-rich toppings
7. Prioritize protein on your plate
Build your meals around a protein source first.
8. Choose convenient protein sources
9. Spread protein throughout the day
10. Swap some carbs for more protein

Small changes can lead to big results.

Add more protein, feel stronger, and support your goals every day.



Protein-Packed Foods

High-protein foods help support muscle, keep you full longer, and fuel your body throughout the day.

Animal Protein

- Chicken breast – 23g
- Turkey – 24g
- Lean beef (5%) – 22g
- Salmon – 20g
- Tuna – 25g
- Egg (2 large) – 13g
- Cottage cheese – 12g
- Greek yoghurt 0% – 10g

Great for building and repairing muscle.

Plant Protein

- Tofu – 13g
- Edamame – 11g
- Lentils – 9g
- Chickpeas – 8g
- Black beans – 8g
- Quinoa – 4g
- Chia seeds – 5g
- Pumpkin seeds – 6g

Great for overall health and sustainability.



High-Protein Breakfast

Over night oats

27 g protein | 350 kcal

200g	Greek yoghurt 0%
40g	Oats
50g	Blueberries
10g	Chia seeds

- 01** Mix Greek yoghurt, oats and chia seeds in a bowl or jar.
- 02** Stir well and let it sit for 5 minutes, then stir again.
- 03** Cover and refrigerate for at least 2–3 hours or overnight.
- 04** Top with berries before serving.

Make a larger batch at once and divide it into jars or containers for the next 2–3 days. This way you always have a ready-to-go breakfast or snack, saving time and making it easier to stay consistent with healthy choices during busy days.



What 100g of protein looks like

Protein needs vary depending on your body, goals and activity level.

Here's how 100g of protein can be split throughout your day.

Breakfast

25g

Start your day strong.



Lunch

30g

Keep your energy steady.



Snack

15g

Stay satisfied between meals.



Dinner

30g

Support recovery overnight.



Spreading your protein intake **evenly** throughout the day helps your body absorb and use it more effectively, supporting muscle maintenance, energy levels and overall well-being.



You've got this.

Getting 100 grams of protein per day doesn't have to be complicated.

By including a good source of protein with each meal and snack, you can gradually build up your intake throughout the day.

Rather than focusing on exact numbers, aim for consistency and make protein a regular part of your meals.





READY TO MAKE HIGH-PROTEIN *eating effortless?*

You've learned the basics—
now it's time to put
everything into action.

THE 7-DAY HIGH-PROTEIN
MEAL PLAN GIVES YOU:



7-DAY COMPLETE MEAL PLAN

Breakfast, lunch, dinner
& snacks planned for you



SHOPPING LIST INCLUDED

Everything you need,
nothing you don't



MEAL PREP TIPS

Save time, stay organized
& make it easy



EXTRA HIGH-PROTEIN RECIPES

More variety, simple
& delicious



AROUND 130G PROTEIN & 1700 KCAL/DAY

Balanced, satisfying & designed
to help you reach your goals



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