



Protein

Protein is more than just a nutrient—it's your body's primary tool for repair, strength, and daily energy. Getting enough high-quality protein each day supports your metabolism, balances your blood sugar, and helps maintain lean muscle as you age or lose weight.

Daily Protein Goal

Aim for **at least 90 grams of protein per day**, ideally spaced out with **30 grams per meal**. Spreading protein evenly throughout the day helps your body use it more efficiently for energy, muscle maintenance, and fullness.

Best Sources of Protein

Incorporate a mix of animal and plant-based proteins to meet your needs and add variety:

Animal Proteins

- Chicken, turkey, pork, beef, bison, elk
- Fish and seafood (salmon, tuna, shrimp)
- Eggs and egg whites
- Dairy: Greek yogurt, cottage cheese, milk, hard cheeses

Plant Proteins

- Legumes: lentils, black beans, chickpeas, peas
- Soy: tofu, tempeh, edamame
- Nuts and seeds: almonds, pistachios, cashews, chia, flax, hemp, pumpkin seeds, sunflower seeds

Choosing Protein Powders Wisely

If you use protein supplements, look for **clean, high-quality options** with minimal processing.

What to Look For:

- Organic, grass-fed, or regenerative (if animal-based)
- Short, recognizable ingredient lists
- No added sugars, dyes, “natural flavors,” gums, or fillers

Quick Tips

- Add a scoop of protein powder to smoothies, oatmeal, or chia pudding
- Top salads with grilled meat, beans, or boiled eggs
- Snack on edamame, roasted chickpeas, or Greek yogurt
- Sprinkle seeds or chopped nuts onto grain bowls or veggie dishes

Prioritizing protein helps you stay strong, energized, and balanced. Whether you're working on weight loss, muscle maintenance, or overall wellness, this one nutrient is a game changer.