

PROTEIN PLANNER

Use this page and the following page to begin practicing planning your protein. Follow the steps below to get started.

Protein's Role

Protein is only one of the three macronutrients that make up your calories. The purpose of this guide is to ensure you are meeting protein needs to support your weight loss and to preserve muscle mass. Ensure you are completing your meals and snacks by adding highfiber carbs and healthy, plant-based fats which will create balance.

Keep in Mind

This guide is not intended to advise how much protein you personally need. It is, however, intended to help you understand how to prioritize protein and plan accordingly. As long as you are getting adequate protein daily, that's the goal. Everyone's meal patterns and choices can look quite different than others.

- 1. Choose the amount of protein you are aiming for daily. Aim for at least 60g per day. Depending on your age, gender, and weight, protein needs will vary.**
- 2. Divide your daily protein goal by the amount of meals per day (aim for ~5 meals per day). Example: 100g protein/5 meals per day = 20g protein per meal**
- 3. Choose your protein choices. Each meal should include a protein-rich food or meal replacement choice. Keep in mind you can split one larger meal into two blocks for easier meal planning and fewer options (less decision fatigue).**
- 4. Prep your choices. Do any shopping, cleaning, chopping or any meal prep necessary prior to that day, so that all you have to do is consume the options planned. If you consume all you have planned, you have met your goal for the day!**

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Food	M	T	W	T	F	S	S
OWYN Protein Shake	30g						
Edamame 1/2 c	9g						
3 OZ Salmon	22g						
3/4 Cup Greek Yogurt	15g						
Sliced Apple + Almond butter	7g						
Totals	76g						

Protein Bars Recommendations

Think Thin / Think!
 Think!
 One Bar
 Kirkland Signature (Costco)
 PureProtein
 Premier
 ProteinQuest
 Orgain (Plant-based, dairy free)
 NoCow (Plant-based, dairy free)

Dang
 Quest
 Good
 FatsKeto
 Bar
 Perfect Keto
 Aloho Bar

Remember !

There is no single "correct" approach to achieving your protein intake goals. This workbook offers one method to help you plan and track your intake, but you may need to adjust based on your individual needs.



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Protein goal: 1g per kg of body weight. Aim for ~100g per day. Start out with a breakfast containing ~25-30g of protein. Aim for 30g per meal.

Daily Fiber intake: 25g for female, 35g for males

Sources: Fruits, vegetables, whole grains, beans, nuts and seeds.

Carb intake: 100g max

Healthy fats: Avocado, flaxseeds, olive oil, chia seeds, eggs, salmon, tuna. Choose these over saturated fat.

Fluid intake: 2-3L of water daily. Can consider electrolyte water.

Daily Calorie goal: Female 1200-1500cal, male 1500-1800cal

Practice mindfulness to assist in controlling hunger and be in tune with your body cues regarding hunger and fullness.

Protein shake options

- Fairlife
- Vega protein shake
- Bariatrix
- Arbonne
- Orgain plant based shakes
- Plant fusion complete
- Unjury pea protein powder
- Isopure
- OWYN gluten free protein
- Aloha organic plant based protein
- Evolve
- Optimum nutrition protein
- Premier protein

Calorie counting apps

- My fitnessPal
- Lose it
- Baritastic. (Post bariatric surgery)
- Cronometer
- Sparkpeople
- Noom
- Carb manager
- Zero (fasting)

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Use this list to identify the amount of protein (g) and calories per serving size. This list can be used for meal planning purposes.

Dairy Products, Milk-Alternatives

Food	Serving Size	Protein amount (g)	Calories
Greek Yogurt	3/4 C	15g	100
Cottage Cheese	4 oz	14g	81
Nonfat Yogurt	1 Cup	11g	100
Milk, Skim	1 Cup	8g	86
Soy milk (complete plant-based)	1 Cup	8g	132
Mozzarella (part skim)	1 oz	7g	72
String cheese (nonfat)	1 Piece	6g	50

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Animal-Based Proteins

Food	Serving Size	Protein amount (g)	Calories
Chicken	3 oz	28g	141
Steak	3 oz	26g	158
Beef, ground, 93% lean meat 7% fat	3 oz	24g	178
Turkey	3 oz	25g	135
Lamb	3 oz	23g	172
Pork	3 oz	22g	139
Flounder	3 oz	12g	73
Salmon	3 oz	22g	155
Tilapia	3 oz	23g	113
Tuna	3 oz	22g	99
Shrimp	3 oz	20g	101
Lobster	3 oz	16g	76
Scallops	3 oz	14g	75
Eggs (large)	1 Egg	6g	71

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Plant-Based Proteins

Food	Serving Size	Protein amount (g)	Calories
Pinto Beans	½ cup	11g	197
Lentils	½ cup	9g	101
Edamame *complete protein	½ cup	9g	95
Black Beans	½ cup	8g	114
Red kidney	½ cup	8g	112
Chickpeas	½ cup	7g	134
Wheat berries	½ cup	6g	126
Lima Beans	½ cup	6g	105
Quinoa *complete protein	½ cup	4g	111
Green peas	½ cup	4g	59
Fava Beans	½ cup	7g	94

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Animal-Based Proteins

Food	Serving Size	Protein amount (g)	Calories
Spinach	½ cup	3g	41
Soy Nuts *complete protein	1 oz	12g	120
Pumpkin seeds	1 oz	9g	159
Peanuts	1 oz	7g	166
Peanut butter	1 tbsp	7g	188
Almonds	1 oz	6g	163
Roasted Pistachios	1 oz	6g	161
Flax seeds	1 oz	6g	140
Sunflower seeds	1 oz	6g	140
Chia seeds	1 oz	5g	138
Walnuts	1 oz	4g	185
Cashews	1 oz	4g	162
Tofu *complete protein	1 oz	4g	43