



100G PROTEIN SAMPLE DAY

A FULL DAY HITTING 100G OF PROTEIN
WITHOUT FEELING LIKE YOU'RE EATING ALL DAY.

 **BREAKFAST (25G)**

CHOOSE ONE:

PROTEIN SHAKE (1 SCOOP) → 25G

GREEK YOGURT (1 CUP) + BERRIES → 20-25G

2 EGGS + 2 EGG WHITES → 25-26G

 **LUNCH (30G)**

CHOOSE ONE:

CHICKEN BREAST (4-5 OZ) BOWL → 28-32G

TUNA PACKET + VEGGIES + GREEK YOGURT DRESSING → 25-30G

GROUND TURKEY TACO BOWL → 30G

 **SNACK (10-20G)**

CHOOSE ONE:

COTTAGE CHEESE CUP → 13G

STRING CHEESE + TURKEY SLICES → 15-20G

PROTEIN BAR → 15-20G

 **DINNER (30G)**

CHOOSE ONE:

SALMON FILLET (4-5 OZ) → 25-30G

LEAN GROUND BEEF OR TURKEY (4-5 OZ) → 25-35G

PORK TENDERLOIN (4 OZ) → 25-28G

💡 TOTAL: ~100-110G PROTEIN

EASY. BALANCED. NO COMPLICATED TRACKING.

EXTRA ADD-ONS (5-10G EACH)

IF YOU'RE SHORT:

ADD EGG WHITES TO BREAKFAST

ADD DELI TURKEY TO LUNCH

USE HIGH-PROTEIN WRAPS OR YOGURT

ADD COLLAGEN OR PROTEIN COFFEE

ADD GREEK YOGURT AS A TOPPING OR SIDE

✓ **QUICK FORMULA (USE EVERY DAY)**

25G BREAKFAST

30G LUNCH

15G SNACK

30G DINNER

= 100G, CONSISTENTLY.

