

3 - DAY

Protein Tracker

For the next 3 days, eat normally and track your intake below as you set a new foundation for lean muscle support, healthy aging, and long-term wellness.

How Much Protein Do You Need?

The general guideline for adults is: 0.8-1 gram of protein per pound of body weight. (Ex: If you weigh 150 lbs, aim for 120-150g of protein daily depending on your goals.)

Quick Tip

Try to spread your protein throughout the day to support satiety, muscle building, and balanced blood sugar.

Water Intake:	_____ oz	_____ oz	_____ oz
Daily Protein Goal:	_____ g	_____ g	_____ g
Breakfast:	_____ g	_____ g	_____ g
Snack:	_____ g	_____ g	_____ g
Lunch:	_____ g	_____ g	_____ g
Snack:	_____ g	_____ g	_____ g
Dinner:	_____ g	_____ g	_____ g

5 Simple Ways to Get More Protein Into Your Day

1. Start with Protein First Thing

Having a high-protein breakfast helps balance blood sugar and reduces cravings later in the day.

- ▶ Think eggs, Greek yogurt, cottage cheese, or a protein smoothie.

Bonus tip: Add 1-2 tablespoons of chia or hemp seeds for extra protein + fiber.

2. Power Up Your Snacks

Trade in empty snacks for protein-packed options.

- ▶ Try roasted edamame, string cheese, hard-boiled eggs, turkey roll-ups, or protein bars (look for 15g+ per serving).

3. Choose Protein-Rich Grains

Some carbs also sneak in some solid protein—double win!

- ▶ Quinoa, farro, lentils, and chickpea pasta offer a boost of protein and keep you full longer.

4. Power Up with 20g of Easy Protein

When life gets busy, a quick protein drink can be a game changer.

- ▶ If hitting protein goals feels hard, one thing that helps me stay on track is a high-quality protein shake I actually enjoy. It's totally optional, but something that can help maintain muscle and promotes healthy weight loss.

5. Add Protein to Foods You Already Eat

You don't have to change everything—just upgrade what you already love.

- ▶ Add collagen powder to coffee, Greek yogurt to smoothies, or toss hemp hearts on salads, toast, or oatmeal.