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CHEAT SHEET

HEALTHY PROTEIN

Simple ways to add more protein to your day.

Protein helps support **muscle, recovery, strength, fullness** and **healthy aging.**
A simple goal: include a quality protein source at every meal and snack.

HIGH-PROTEIN FOODS

FOOD	SERVING	PROTEIN
Chicken breast	4 oz	30–35g
Turkey breast	4 oz	28–32g
Lean ground turkey	4 oz	22–28g
Lean ground beef	4 oz	22–28g
Salmon	4 oz	23–25g
Tuna	1 pouch/can	17–25g
Shrimp	4 oz	23–25g
Eggs	2 large	12g
Egg whites	½ cup	13g
Greek yogurt	1 cup	15–25g
Cottage cheese	1 cup	24–28g
Fairlife milk	1 cup	~13g
Protein shake	1 serving	20–30g
Edamame	1 cup	~17g
Lentils	1 cup cooked	~18g
Black beans	1 cup cooked	~15g

THE SIMPLE PROTEIN PLATE

1. **PICK YOUR PROTEIN**
   Chicken • Turkey • Beef • Fish • Eggs • Greek yogurt • Cottage cheese • Beans
2. **ADD PRODUCE**
   Vegetables and/or fruit
3. **ADD A QUALITY CARBOHYDRATE**
   Rice • Potatoes • Oats • Quinoa • Whole grains • Fruit
4. **ADD HEALTHY FAT AS NEEDED**
   Avocado • Nuts • Seeds • Olive oil

BOOST YOUR PROTEIN

BREAKFAST: Add eggs, egg whites, Greek yogurt, cottage cheese or protein powder.

LUNCH: Build your meal around chicken, turkey, tuna, lean beef or another protein source.

SNACK: Choose a snack with 10–20g+ protein instead of grabbing carbs alone.

DINNER: Start with your protein, then add vegetables, carbohydrates and healthy fats.

EASY PROTEIN SNACKS

- Greek yogurt + berries
- Cottage cheese + fruit
- Hard-boiled eggs
- Turkey or chicken roll-ups
- Tuna packet + crackers
- Beef or turkey jerky
- String cheese + fruit
- Protein shake
- Edamame
- Greek yogurt smoothie
- Deli turkey + cheese
- Apple + Greek yogurt

COACH'S TIP

You don't need a "perfect" diet. Focus on doing the basics consistently:

**PROTEIN AT EACH MEAL. WHOLE FOODS MOST OF THE TIME.
PLENTY OF FRUITS & VEGETABLES. HYDRATE. BE CONSISTENT—NOT PERFECT.**

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GAS STATION FOOD CHEAT SHEET

HEALTHY EATING ON THE GO

Busy doesn't have to mean drive-thru. Whether you're traveling, working long hours or running between activities, you can put together a balanced meal or snack at almost any gas station.

START WITH PROTEIN

- Greek yogurt
- Hard-boiled eggs
- Cottage cheese
- String cheese or cheese sticks
- Beef or turkey jerky
- Tuna or chicken packets
- Deli turkey or chicken
- Ready-to-drink protein shakes
- Protein bars
- Milk or high-protein milk
- Hummus cups

AIM FOR: 15–30g of protein when replacing a meal.

ADD A SMART CARB

- Banana
- Apple
- Orange
- Berries or fruit cup
- Oatmeal
- Quinoa or brown rice cup
- Veggie container
- Whole-grain crackers
- Rice cakes
- Whole-grain bread or wrap
- SkinnyPop or SmartPop popcorn (as a last resort)

ADD HEALTHY FAT FOR STAYING POWER

- Almonds
- Pistachios
- Cashews
- Peanuts
- Mixed nuts
- Nut butter packets
- Hummus
- Sunflower or pumpkin seeds

TIP: Nuts are nutritious but calorie-dense—a small handful goes a long way.

EASY GAS STATION COMBOS

QUICK BREAKFAST Greek yogurt + banana + coffee	**HIGH-PROTEIN SNACK** Protein shake + piece of fruit	**ROAD TRIP SNACK** Jerky + apple + small handful of almonds	**MINI MEAL** Turkey or chicken sandwich + fruit + water
NO-REFRIGERATION OPTION Tuna packet + whole-grain crackers + fruit	**SOMETHING SWEET** Greek yogurt + berries	**POST-WORKOUT OPTION** Protein shake + banana	*Protein first, then build around it.*

WHEN CHOOSING A PROTEIN BAR

Flip it over and check the label. A good target:

- **Protein:** 15–25g
- **Added sugar:** keep it relatively low
- **Calories:** fit for a snack or a meal replacement

Remember: a protein bar doesn't automatically make something healthy.

WHAT ABOUT DRINKS?

Make water your go-to. Other options:

- Sparkling water
- Unsweetened tea
- Coffee
- Zero-sugar electrolyte drinks
- Low-sugar flavored water
- High-protein milk
- Ready-to-drink protein shake

THE GAS STATION RULE

PROTEIN + PRODUCE + WATER

Pick one protein, add a fruit or vegetable, and grab water.

It doesn't need to be perfect. Make the best choice available and keep moving forward.