



EAT ENOUGH. EVERY DAY.

Protein Cheat Sheet

Your daily protein target, the best sources, and simple portion sizes, all on one page you can actually stick to.

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400+ women coached. Lost 30kg in 2012, kept it off ever since.

Read This First

"I eat healthy but I'm always hungry by 3pm, and overeat almost every evening." That's a weekly DM in my inbox. Sometimes daily.

And I get it. You've tried the diets. The apps. The fasting. Low-carb. Clean eating. You've counted, restricted, juiced, skipped breakfast, then eaten breakfast, then bought the meal plan from the influencer.

You're still here. A little heavier than you want. Tired of starting over Monday. Annoyed by that 'sweet tooth' and the feeling that maybe you just don't have as much willpower or motivation others have.

Sometimes, literally all it takes is to fix your protein intake.

The average woman eats around 70g of protein a day, and I've seen even lower in new clients coming into my coaching practice.. To actually feel full, hold onto muscle, recover, sleep, and lose fat without white-knuckling it, most women need 120 to 150 grams per day.

That gap, somewhere between 50 and 80 grams a day, is the whole difference between "nothing works" and "I'm finally in control."

9/10 new clients guess they eat at least 100g. Then they track it for a few days, and land around 55-70g. Almost every time.

Protein isn't optional. It's the floor everything else stands on. If you fix one thing about how you eat this month, fix this.

I'll show you how.

The Cheat Sheet in 30 Seconds

If you read nothing else, read this box. This is the whole system.

1. Know your number.

Current or goal bodyweight in kg x 1.8–2.2 = your daily protein range in grams.

With a 60kg goal weight, that's 108–132g per day. And when I set my clients target, it's the higher end of that range.

2. Split it across 4 meals.

27–33g per meal, in this example. Not skipping breakfast, coffee for lunch, and then one massive 100g feeding to catch up.

3. Anchor every meal with a protein you can see.

If you can't point at the protein on the plate, something's missing ;).

4. The eyeball rule (remember this, if you don't want to track):

One meal's protein = **about 100g meat** OR **125–150g fish** OR **300g+ dairy** (skyr, cottage cheese, Greek yogurt) OR **1 scoop of whey**.

Do those four things and you're ahead of just about everyone still starting over Monday. The rest of this document is just the how, the why, and the tables you'll come back to.

What's In This Cheat Sheet

1. Why protein matters more after 30 (especially through peri-menopause)
2. Exactly how much *you* need, by bodyweight and goal
3. The Eyeball Method: track without scales or apps
4. The Master Reference Tables: 80+ protein sources, ranked, with a "for 30g of protein" column
5. Protein per dollar (for real-world budgets)
6. The 4-meal distribution rule (most women miss this)
7. 20+ real meal templates with grams of protein
8. The "hit your number" gram-by-gram day templates (130g and 150g)
9. Travel, restaurants, busy days: the minimum-viable protein day
10. The 10 mistakes I see women make (and the fixes)
11. Red meat, dairy, saturated fat: the myth-buster
12. The 7-Day Protein Reset: your action plan
13. FAQ
14. A note from me
15. Your one-page action checklist

Ground rule: this is a cheat sheet, not a textbook. Skim it. Use the parts you need. Come back for the rest.

Why Protein Matters After 30

Most diet advice was built for 22-year-old men. You are not a 22-year-old man. After 30 your body changes in ways that make protein non-negotiable. Short version:

REASON	WHAT IT ACTUALLY MEANS FOR YOU
Muscle loss speeds up after 30 (sarcopenia)	You lose 3-8% of muscle per decade. Less muscle = slower metabolism, more body fat, more injuries. Protein is the brake pedal.
Protein is the most filling macro	It triggers your satiety hormones (PYY, GLP-1) more than carbs or fat. Translation: the food noise quiets down.
Thermic effect of food	You burn 20-30% of protein calories just digesting it. Carbs = 5-10%. Fat = 0-3%. Protein does the work quietly.
Blood sugar and insulin	Protein blunts the spikes. Less insulin chaos, less belly-fat storage, less hangry.
Peri-menopause	Falling estrogen makes it harder to build and hold muscle. You need more protein now, not less.
Hair, skin, nails, immunity	All built from amino acids. Low protein shows up as brittle nails, thinning hair, slow recovery.
Recovery from training	Lifting without enough protein is just expensive cardio. Protein is what turns the workout into a result.

Bottom line: in your 30s, 40s, and 50s, protein isn't "a nice macro to hit." It's the floor.

How Much Protein Do YOU Actually Need?

baseline recommended dietary allowance (RDA) of 0.8g/kg is the minimum to stop a sedentary 70-year-old getting sick. That's the 'essential' amount needed for survival.

But you're not here to just survive (as much as you may feel like that right now.) You're here to lose fat, look toned, feel strong, and THRIVE. And to achieve that, you'll need about:

1.8 to 2.2 grams of protein per kilogram of bodyweight per day.

(Roughly 0.8-1.0g per pound.)

That's the range for fat loss and building or holding muscle, which covers almost everyone reading this. Pure maintenance can sit a touch lower (around 1.6-1.8 g/kg), but if in doubt, aim inside the range above.

And here's the one rule to remember:

Fat loss anchor: your bodyweight in kg x 2.2 = daily grams of protein.

And to give my clients enough wiggle room, I'll then round that number up/down, and allow them to be anywhere between -10g below and above that number.

Example: Goal weight of 60kg x 2.2 is 132g, so let's call it 130g. With the extra wiggle room that becomes a range of 120-140g.

QUICK NOTE: For clients over 50yo, I add more.

— Your Target Range By Goal Weight

BODYWEIGHT (KG)	BODYWEIGHT (LB)	DAILY PROTEIN TARGET
50 kg	110 lb	100-120g
55 kg	121 lb	110-130g
60 kg	132 lb	120-140g
65 kg	143 lb	135-155g
70 kg	154 lb	145-165g
75 kg	165 lb	155-175g
80 kg	176 lb	165-185g

One adjustment, from coaching 400+ women: if you're carrying a lot of extra weight, base your number on your goal weight, not your current weight. You don't need 240g of protein to lose fat. A 100kg+ woman aiming for 60-70kg probably needs about 120-140g.

The Eyeball Method (If You Don't Want To Track)

You don't need to weigh your food forever. My clients track, but only to relearn portion control and drive results. Inside my RESTORE Method, we have dedicated phases for stepping away from tracking.

I'm still going to suggest tracking, depending on your goals and where you're at on your health and fitness Odyssey. But, since not everyone is willing to give it a shot, let me show you how my clients keep their protein portions in check during vacations and seasons they don't track.

— Hand Portions, Memorize These

HAND CUE	ROUGHLY EQUALS	PROTEIN
1 palm of meat, poultry, or fish (thickness of your palm)	~100g cooked	25 - 30g
1-2 fist(s) of Greek yogurt, cottage cheese, or skyr	~200g	20 - 25g
1 whole egg	1 large egg	6g (I'd say, have 1-2 whole eggs and add egg whites to get to your 30-ish grams, or add a few strips of lean turkey bacon.
1 scoop of whey (isolate)	~30g powder	20 - 25g

— Apply It Tonight

If your dinner doesn't have a visible palm of protein on the plate, it isn't a meal, yet ;)

Build every plate in this order:

1. **Protein** (1 palm minimum)
2. **Carbs** (1 cupped hand)
3. **Fruits and/or vegetables** (fill $\frac{2}{3}$ – $\frac{1}{2}$ the plate)
4. **Fats** (1-2 thumb(s))

Reality check: If a meal doesn't include a dedicated source for each: protein, carbs, fats, fruits/veg > back to the drawing board. You can download my free 5-Minute Meal Plan video training for more help with this!

— The Universal Rule of Thumb

For most people, about 30g+ of protein covers your intake for one meal:

100g of meat

125-150g of fish

300g+ of dairy (skyr, cottage cheese, Greek yogurt)

1 scoop of protein powder

Memorize this and you can build a protein-anchored meal anywhere on earth without any tracking required.

The Master Reference Tables

Every major protein source, ranked by tier, with the macros that matter, plus the column nobody else gives you: how many grams of the food you need to hit 30g of protein.

That last column is the cheat in "cheat sheet." Glance, eyeball, done.

Tier Key

- **GOLD** = elite. Build your week around these.
- **SILVER** = solid, regular rotation.
- **BRONZE** = fine to include, but don't lean on it as your main protein.

All values are per 100g of food. "For 30g protein" tells you how much of that food gets you to 30g. Use it like a vending machine.

— Land Protein Sources (meat & poultry)

SOURCE	CAL	PROTEIN	CARBS	FATS	FOR 30G PROTEIN	TIER
Pork tenderloin (lean only)	104	21.0g	0.0g	2.2g	143g (5.0 oz)	GOLD
Turkey breast (skinless)	109	23.7g	0.1g	1.5g	127g (4.5 oz)	GOLD
Ruffed grouse breast (raw)	112	25.9g	0.0g	0.9g	116g (4.1 oz)	GOLD
Pork sirloin (boneless, lean)	115	22.8g	0.0g	2.6g	132g (4.6 oz)	GOLD
Moose	126	29.3g	0.0g	1.0g	102g (3.6 oz)	GOLD
Duck (meat only)	131	18.3g	0.9g	6.0g	164g (5.8 oz)	SILVER
Goat	135	27.1g	0.0g	3.0g	111g (3.9 oz)	GOLD
Venison	150	30.2g	0.0g	3.2g	99g (3.5 oz)	GOLD
Ground turkey, fat-free	151	31.7g	0.0g	2.7g	95g (3.3 oz)	GOLD
Elk	154	30.8g	0.0g	3.4g	97g (3.4 oz)	GOLD
Reindeer	159	29.8g	0.0g	4.4g	101g (3.6 oz)	GOLD
Beef sirloin (no visible fat)	160	29.9g	0.0g	4.5g	100g (3.5 oz)	GOLD
Chicken breast (skinless)	164	30.9g	0.0g	4.5g	97g (3.4 oz)	GOLD
Chicken thigh (skin removed)	165	27.7g	0.0g	6.0g	108g (3.8 oz)	GOLD
Ground bison / buffalo	179	25.5g	0.0g	8.6g	118g (4.1 oz)	GOLD
Beef liver	185	29.1g	5.1g	5.3g	103g (3.6 oz)	GOLD
Lamb chops, loin (no visible fat)	196	28.4g	0.0g	9.2g	106g (3.7 oz)	SILVER
Beef tenderloin (no visible fat)	204	30.7g	0.0g	9.0g	98g (3.4 oz)	GOLD
Hamburger 90/10	206	26.6g	0.0g	11.1g	113g (4.0 oz)	SILVER
Ground turkey, lean 93/7	213	27.1g	0.0g	11.6g	111g (3.9 oz)	SILVER
Chicken thigh (skin eaten)	232	28.2g	0.0g	13.2g	106g (3.8 oz)	SILVER
Hamburger 85/15	233	25.9g	0.0g	14.4g	116g (4.1 oz)	SILVER

Tier logic: Gold = lean cuts under ~6g of fat per 100g, or rare proteins worth knowing. Silver = tasty fattier cuts you can absolutely eat, just know they're more calorie-dense per gram of protein.

— Dairy & Eggs

SOURCE	CAL	PROTEIN	CARBS	FATS	FOR 30G PROTEIN	TIER
Egg whites	48	10.9g	0.7g	0.2g	275g (9.7 oz)	GOLD
Greek yogurt, nonfat	59	10.2g	3.6g	0.4g	294g (10.4 oz)	GOLD
Skyr	59	10.6g	3.8g	0.2g	283g (10.0 oz)	GOLD
Greek yogurt, low-fat	74	10.4g	3.9g	1.9g	288g (10.2 oz)	GOLD
Low-fat yogurt 2%	82	10.5g	4.8g	2.3g	286g (10.1 oz)	SILVER
Cottage cheese 4%	97	11.1g	3.4g	4.3g	270g (9.5 oz)	GOLD
Whole egg	150	12.6g	1.1g	10.6g	238g (8.4 oz)	SILVER
Milk (semi-skimmed)*	~50	3.4g	~5g	~1.5g	~880g (~30 oz)	SILVER

*Approximate, varies by brand. Milk is a useful add-on, and at maintenance I love including A2 whole milk in my clients plans. But as a general rule, keep it whole-food based, liquid calories don't keep you full very long!

Quick one on processed yogurts: a flavored "Greek yogurt" cup at the supermarket can run anywhere from 8g to 22g of protein. Read the label. Most "fruit" varieties are sugar bombs with very little protein. I'd aim for the natural, minimally processed options, and add a bunch of berries, nuts, and honey to make it count as an actual meal.

— Sea Protein Sources (fish & seafood)

SOURCE	CAL	PROTEIN	CARBS	FATS	FOR 30G PROTEIN	TIER
Cod	78	17.8g	0.0g	0.7g	169g (5.9 oz)	GOLD
Crab leg	78	17.9g	0.0g	0.7g	168g (5.9 oz)	GOLD
Clams	82	14.7g	3.6g	1.0g	204g (7.2 oz)	SILVER
Flounder	82	15.2g	0.0g	2.4g	197g (7.0 oz)	GOLD
Lobster	84	19.0g	0.0g	0.9g	158g (5.6 oz)	GOLD
Halibut	86	18.6g	0.0g	1.3g	161g (5.7 oz)	GOLD
Canned tuna (water, drained)	87	19.4g	0.0g	1.0g	155g (5.5 oz)	GOLD
Pollock	87	19.4g	0.0g	1.0g	155g (5.5 oz)	GOLD
Shrimp	100	24.0g	0.2g	0.3g	125g (4.4 oz)	GOLD
Scallops	111	20.5g	5.4g	0.8g	146g (5.2 oz)	GOLD
Grouper	111	24.8g	0.0g	1.3g	121g (4.3 oz)	GOLD
Snapper	121	26.3g	0.0g	1.7g	114g (4.0 oz)	GOLD
Anchovy	124	20.4g	0.0g	4.7g	147g (5.2 oz)	SILVER
Tilapia	129	26.2g	0.0g	2.7g	115g (4.0 oz)	GOLD
Tuna (fresh)	137	23.3g	0.0g	4.9g	129g (4.5 oz)	GOLD
Yellowtail	139	23.1g	0.0g	5.2g	130g (4.6 oz)	GOLD
Trout	143	20.8g	0.0g	6.6g	144g (5.1 oz)	GOLD
Canned sardines (drained)	150	23.2g	0.0g	6.3g	129g (4.6 oz)	GOLD
Herring	153	18.0g	0.0g	9.0g	167g (5.9 oz)	SILVER
Canned sardines (in water)	195	25.3g	0.0g	10.4g	119g (4.2 oz)	SILVER
Mackerel	200	18.6g	0.0g	13.9g	161g (5.7 oz)	SILVER
Salmon	202	20.4g	0.0g	13.4g	147g (5.2 oz)	GOLD

Worth saying: white fish (cod, pollock, flounder, halibut, tilapia) is the lowest-calorie protein on this entire sheet. Salmon and trout are fattier, but the omega-3s (KEY!!) earn it Gold anyway.

— Protein Supplements (per 100g of powder)

SOURCE	CAL	PROTEIN	CARBS	FATS	FOR 30G PROTEIN	TIER
Soy protein powder	384	88.3g	0.0g	3.4g	34g (1.2 oz)	SILVER
Whey protein, 24g/scoop	382	75.9g	12.5g	3.1g	40g (1.4 oz)	GOLD
Pea protein powder	364	76.7g	3.0g	5.0g	39g (1.4 oz)	SILVER
Whey protein, 18g/scoop	352	72.6g	7.1g	3.7g	41g (1.5 oz)	GOLD
Whey protein, 30g/scoop	411	61.7g	18.1g	10.2g	49g (1.7 oz)	SILVER
Hemp protein powder	498	50.0g	30.0g	19.8g	60g (2.1 oz)	SILVER
Casein protein*	~370	~80g	~7g	~3g	~38g (1.3 oz)	SILVER
Vegan blend (pea + rice)*	~400	~75g	~6g	~5g	~40g (1.4 oz)	SILVER

*Approximate, varies by brand. Whey isolate is the gold standard. Casein is known to be more ‘slow releasing’, but my clients just get a scoop of whey isolate per day, and get the rest of their protein from REAL food. Vegan blends are the best plant pick, look for quality brands. Collagen is not shown in this list, because while it’s great for skin and joints, it does NOT count toward building muscle.

— Plant-Based Alternatives

Sorted best-first by how little you need to hit 30g.

SOURCE	CAL	PROTEIN	CARBS	FATS	FOR 30G PROTEIN	TIER
Edamame pasta	371	42.9g	35.7g	6.3g	70g (2.5 oz)	GOLD
Hemp hearts (hulled)	553	31.6g	8.7g	48.7g	95g (3.4 oz)	BRONZE
Pumpkin seeds (hulled)	574	29.8g	14.7g	49.1g	101g (3.6 oz)	BRONZE
Lentil pasta	366	26.8g	60.7g	1.8g	112g (3.9 oz)	SILVER
Chickpea pasta	385	26.4g	56.1g	6.1g	114g (4.0 oz)	SILVER
Almonds	579	21.2g	21.6g	49.9g	142g (5.0 oz)	BRONZE
Tempeh	209	20.3g	7.6g	10.8g	148g (5.2 oz)	GOLD
Flax seeds	534	18.3g	28.9g	42.2g	164g (5.8 oz)	BRONZE
Chia seeds	486	16.5g	42.1g	30.7g	182g (6.4 oz)	BRONZE
Walnuts	654	15.2g	13.7g	65.0g	197g (7.0 oz)	BRONZE
Spelt (unprepared)	361	14.6g	70.2g	2.4g	205g (7.2 oz)	BRONZE
Quinoa (dry)	368	14.1g	64.2g	6.1g	213g (7.5 oz)	BRONZE
Amaranth (dry)	379	13.6g	65.3g	7.0g	221g (7.8 oz)	BRONZE
Teff (dry)	367	13.3g	73.1g	2.4g	226g (8.0 oz)	BRONZE
Oats (dry)	382	13.2g	67.7g	6.5g	227g (8.0 oz)	BRONZE
Tofu (firm, not silken)	113	12.0g	3.8g	5.5g	250g (8.8 oz)	SILVER
Edamame	130	11.9g	8.9g	5.2g	252g (8.9 oz)	SILVER
Ezekiel bread	226	11.8g	41.2g	1.5g	254g (9.0 oz)	SILVER
Lentils (cooked)	116	9.0g	20.1g	0.4g	333g (11.7 oz)	SILVER
Spelt bread	244	9.0g	47.6g	2.0g	333g (11.8 oz)	BRONZE
Black beans (canned, drained)	143	8.2g	26.1g	0.6g	366g (12.9 oz)	SILVER
Chickpeas (canned, drained)	144	7.1g	22.5g	2.8g	423g (14.9 oz)	SILVER
Green peas	83	5.4g	14.5g	0.4g	556g (19.6 oz)	BRONZE

Note on grains and pastas: these are listed dry/uncooked. Once cooked they soak up water, so per 100g on your plate they're roughly a third as protein-dense as the number here. The legumes (lentils, beans, chickpeas) are already shown as cooked/canned.

The honest read for plant-based readers: legumes, grains, and nuts are carbs and fats with some protein attached, not pure protein. Look at the seeds and nuts near the top of that list, they only rank high because they're calorie bombs. To hit a real protein target plant-only, lean on edamame, tempeh, tofu, vegan protein powder, and products like lentil or chickpea pasta. Aim 10-20% higher in total grams to cover the poor digestibility of most vegan proteins.

— Hidden Protein Boosts

These don't carry a meal on their own, but stacked across a day they add real grams:

SOURCE	PROTEIN BOOST	USE IT FOR
Bone broth	6-10g per cup	Sipping, soup base, cooking grains
High-protein pasta (chickpea, lentil)	14-20g per serving	Pasta nights, sneaky protein bump
High-protein wraps	10-15g per wrap	Lunch hack
Nutritional yeast	8g per 2 tbsp	Sprinkle on everything
Hemp hearts	10g per 3 tbsp	Yogurt, oats, salads
Edamame pasta	24g per serving	Highest-protein pasta on the market

Protein Per Dollar, The Budget Tier

Most cheat sheets stop at "eat chicken breast." Useless if you're feeding a family on a real budget. Here's what actually delivers the most protein for the money:

SOURCE	PROTEIN PER \$1 (APPROX)	WHY IT MAKES THE LIST
Eggs	~25g	Cheap, versatile, near-perfect amino profile
Canned tuna	~30g	Lasts forever, no cooking
Cottage cheese (large tub)	~25g	Buy the big one, it's half the price per gram
Whole chicken (vs breast)	~22g	Roast one, get 4 meals out of it
Chicken thighs	~20g	Cheaper than breast, more flavor, same protein
Lean ground beef / turkey	~18g	Buy on sale, freeze in portions
Lentils (dry)	~30g	One of the cheapest proteins on earth
Whey protein (in bulk)	~18g	Per shake, roughly \$0.80-\$1.20
Greek yogurt (large tub)	~15g	Buy plain, add your own fruit
Milk	~10g	Cheap calcium plus protein combo

'Ballin' on a Budget' Protein Day

Breakfast: 2 eggs + 5 egg whites = 29g

Lunch: 1 can tuna + 1 fist cottage cheese = 50g

Snack: Greek yogurt + a handful of berries = 25-30g

Dinner: Chicken thigh + lentils + veg = 40g

You don't need a \$100/week meat budget. Even if finances are tight, you can still hit your goals!

The 4-Meal Protein Distribution Rule

This is the part 90% of protein advice gets wrong.

It's not just how much protein you eat. It's how you spread it.

From a muscle building standpoint, there's a cap to what's going to help you build and keep muscle better. The sweet spot per meal is 30–40g. Past that, you get diminishing returns. That's NOT to say your body can't digest it, that's an ancient myth. Your body will digest it, but it doesn't seem to be 'extra good' for muscle.

So one giant protein feeding at 8pm and crackers or coffee for every other meal? You're leaving muscle on the table.

The Rule

3–4 meals a day, each with 25–40g of protein.

What a 130g Day Looks Like

MEAL	PROTEIN	WHAT IT MIGHT BE
Breakfast	30g	3-egg omelet + cottage cheese on toast
Lunch	40g	Chicken bowl with rice and greens
Snack	20g	Greek yogurt + berries
Dinner	40g	Salmon + sweet potato + asparagus
TOTAL	130g	Easy. No grinding. No 9pm chicken-marathon.

Why This Matters Specifically For You (30-50)

After 30 the muscle-building signal from a meal blunts. You need a clean 30–40g hit at each meal to keep that signal switched on through the day. Skipping breakfast and slamming all your protein at dinner is the worst possible pattern for a woman trying to hold onto lean mass.

The single biggest win I see when a new client starts: we move 30g of protein from her dinner to her breakfast. Food noise dies within their first week coaching with me.

Real-World Meal Templates

Not a recipe book. These are assemblies, quick combinations you can pull off after a 10-hour day. Each one lists the rough protein total.

5 High-Protein Breakfasts

MEAL	PROTEIN
3 whole eggs + 100g cottage cheese on rye toast	35g
200g Greek yogurt + 1 scoop whey + berries + granola	45g
Protein oats: 50g oats + 1 scoop whey + milk + peanut butter	35g
2-egg + 1-egg-white scramble + 80g smoked salmon	35g
Skyr bowl: 250g skyr + 30g hemp hearts + apple	35g

5 High-Protein Lunches

MEAL	PROTEIN
Chicken rice bowl: 150g chicken + rice + veg + tahini	45g
Tuna salad: 1 can tuna + Greek yogurt + crackers + greens	35g
Cottage cheese + smoked salmon + cucumber + sourdough	40g
Big salad: 150g chicken + chickpeas + feta + olive oil	45g
Leftover dinner protein + quick rice bowl + hot sauce	35g

— 5 High-Protein Dinners

MEAL	PROTEIN
150g salmon + sweet potato + asparagus	35g
150g lean beef stir-fry + rice + veg	45g
200g chicken breast + roast potatoes + broccoli	60g
Turkey chili: 200g lean turkey + beans + tomato	55g
250g cod baked with lemon + quinoa + greens	45g

— 5 High-Protein Snacks

SNACK	PROTEIN
200g cottage cheese + berries + walnuts + honey	24g
Beef jerky (40g pack)	15g
Protein shake + berries + 1 tbsp ground chia seeds	30g
2 hard-boiled eggs + 30g cheese	20g
Greek yogurt + 1 scoop whey stirred in	35g

Use this like a menu. Pick 2 breakfasts, 2 lunches, 2 dinners, 2 snacks. Rotate them for two weeks. That's the meal plan you've been searching for.

Hit Your Number, Gram-By-Gram Day Templates

Want it spelled out food-by-food? Here you go. Five ways to hit ~130g over 4 meals, five ways to hit ~150g over 5 meals. Mix, match, repeat.

How To Hit ~130g of Protein (4 meals)

DAY	MEAL 1	MEAL 2	MEAL 3	MEAL 4
A	1 scoop whey (25g)	150g chicken breast	300g cottage cheese	130g salmon
B	2 eggs + 80g turkey bacon	200g canned tuna	300g skyr	120g ground beef 90/10
C	350g Greek yogurt	200g deli turkey/ham	130g salmon	130g chicken thigh
D	3 eggs + 100g egg whites	130g sirloin steak	130g turkey breast	1 scoop whey (30g)
E	300g skyr	150g trout	130g chicken breast	150g pork tenderloin

How To Hit ~150g of Protein (5 meals)

DAY	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
A	1 scoop whey (25g)	100g chicken breast	300g cottage cheese	100g sirloin steak	120g salmon
B	2 eggs + 80g turkey bacon	150g canned tuna	1 scoop whey (25g)	120g ground beef	300g skyr
C	300g Greek yogurt	200g deli ham	120g salmon	1 scoop whey (25g)	100g chicken thigh
D	3 eggs + 100g egg whites	120g sirloin steak	120g turkey breast	300g skyr	130g cod
E	300g skyr	110g trout	100g chicken breast	1 scoop whey (25g)	120g pork tenderloin

Final tip: for most people, 100–150g of meat or fish, 300–400g of dairy, or 1 scoop of whey = one full meal's protein anchor (~25–35g). Memorize that and you can build a day in your head, anywhere.

Travel, Restaurants, Busy Days

Real life doesn't pause. You'll travel. You'll eat out. Some days are chaos. Here's how to not fall apart and end up back at square one.

— Eating Out, The One Rule

Anchor every restaurant meal in a visible protein. Order the steak, the salmon, the chicken first. Build the rest of the meal around it.

- Steakhouse: filet, sirloin, or salmon + double the veg, skip the bread basket.
- Italian: grilled chicken or fish entree. Not pasta carbonara as your protein.
- Asian: stir-fry with double protein, sushi with extra sashimi, Korean BBQ wins everything.
- Mexican: fajitas (chicken, steak, shrimp) + black beans, skip the giant tortilla.
- Brunch: eggs plus a side of bacon, turkey, or smoked salmon. Skip pancakes-as-the-meal.

— Travel Survival Kit

Pack these. They live in my carry-on every flight:

- Beef jerky (15-20g per pack)
- Protein bars (15-20g each)
- Protein milks (30g per pack)
- Single-serve protein powder packets + shaker
- Tuna pouches, no can opener needed (20g each)
- Greek yogurt cups (when there's a fridge)

The 10 Mistakes Women Make With Protein

After 400+ clients, these are the patterns I see on day one. At least 4 of these apply to you right now, almost guaranteed.

#	MISTAKE	THE FIX
1	"I had eggs, I'm fine." Two eggs = 12g. Not a meal.	Pair eggs with cottage cheese, smoked salmon, or 2 extra whites.
2	Overestimating Greek yogurt. Many fruit cups are 8-14g, not the 20g you assumed.	Read the label. Stick to plain or high-protein (Skr, Fage 0%).
3	Loading all protein at dinner.	Move 25-30g to breakfast. Cravings stop within a week.
4	Replacing real meals with bars and shakes.	Bars and shakes are backups. Real food is the foundation.
5	Going plant-based without adjusting up.	Add 10-20% more grams. Combine sources. Use a vegan blend if needed.
6	Fearing red meat or full-fat dairy.	Lean cuts or ground red meat are some of the most nutrient-dense food on earth.
7	"Healthy" salads with no real protein.	Under 25g of meat, fish, or cheese on it? It's a side dish.
8	Counting peanut butter, nuts, or quinoa as "protein."	They're fats and carbs with protein. Don't build the day around them.
9	Skipping breakfast on training days.	Worst day to skip. Front-load protein on training days.
10	Tracking calories but ignoring protein.	Track one number, track protein. Calories follow.

Red Meat, Saturated Fat, Dairy, The Myth-Buster

You've been told to fear all three. Let me cut through it with what the actual science says, not what a 1980s food pyramid says.

— Red Meat

The science: lean, unprocessed red meat (beef, lamb, pork) is one of the most nutrient-dense foods going. Bioavailable iron, B12, zinc, creatine, choline. The studies that "link red meat to disease" almost always lump processed meats (bacon, salami, hot dogs) in with steak, and that's where most of the risk actually sits. For lean unprocessed red meat in moderate amounts, the signal is far weaker and far less scary than the headlines make it sound.

What to do: eat lean cuts (sirloin, tenderloin, 95/5 mince) 2-4 times a week. Limit processed meats. Done.

— Saturated Fat

The science: the blanket "saturated fat causes heart disease" claim traces back to 1960s research that got treated as settled long before it was. The modern data is genuinely mixed, nowhere near the open-and-shut case you were sold, and context (whole foods vs ultra-processed) seems to matter far more than the macro itself.

What to do: don't fear an egg yolk, full-fat Greek yogurt, or a steak. Don't deep-fry everything in lard either. Whole foods, varied sources, you're fine.

— Dairy

The science: full-fat dairy comes out neutral to favorable in the research, not the villain it's been made out to be. Calcium from dairy is among the most absorbable there is. Lactose intolerance is real for plenty of women, but if you tolerate dairy it's one of the highest-quality proteins on the planet.

What to do: Greek yogurt, cottage cheese, skyr, milk, hard cheese, all on the menu. Lactose-free options exist if you need them. Don't cut dairy because TikTok told you to.

My rule: eat the whole food. Skip the ultra-processed version of the whole food. That's 90% of nutrition right there.

The 7-Day Protein Reset

You don't reset your nutrition by reading a PDF. You reset it by doing the thing. Here's your week.

DAY	ACTION	WHY
Day 1	Calculate your target (Section 2). Write it on a sticky note. Put it on the fridge.	You can't hit a target you never set.
Day 2	Audit your current intake. Track protein only, for 24 hours, any free app.	Remember the 55g thing from page one? Day 2 is where you find YOUR number, and where most women get the shock.
Day 3	Buy 3 anchor proteins for the week (chicken thighs, eggs, Greek yogurt). Pre-cook one.	Friction is the enemy. Pre-cooked protein in the fridge changes everything.
Day 4	Add 25-30g of protein to breakfast. Every day. No exceptions.	This one move solves cravings for most clients.
Day 5	Pre-portion 3 days of snacks (jerky, cottage cheese, boiled eggs, shakes).	Snacks are where willpower dies. Remove the decision.
Day 6	Restaurant test. Eat out, order with the anchor-protein rule.	Build the skill in the wild, not just at home.
Day 7	Hit your target 3 days in a row this week. That's the win.	This is the new floor. From here it's repetition.

What to expect: within 7-10 days of hitting your target consistently, you'll see less hunger, fewer cravings, better sleep, steadier energy, and a small drop on the scale (water and less bloat). Not hype. Just what happens.

FAQ

Q: Can I eat too much protein?

A: For healthy women with normal kidneys, essentially no. Studies have gone up to 4.4g/kg with no bad health markers. You'll run out of appetite long before you run into a problem.

Q: Will high protein hurt my kidneys?

A: Only if you already have kidney disease. For healthy kidneys, decades of research show no harm.

Q: Do I need supplements?

A: No. Convenient, not essential. If you can hit your target from food, food wins. If you're constantly under-shooting, one daily shake fixes it.

Q: I'm vegan or vegetarian. Can I still hit these numbers?

A: Yes, but it takes intention. Lean on tempeh, seitan, tofu, edamame, lentils, high-protein pasta, and a vegan powder. Aim 10-15% higher in grams for digestibility.

Q: Will eating this much protein make me bulky?

A: No. Protein plus lifting heavy plus a calorie surplus over years is what builds size, and even then women's hormones make real bulk genuinely hard. What you'll actually get: leaner, tighter, more defined.

Q: I'm not hungry in the morning. Do I have to eat breakfast?

A: You don't have to. But if you're skipping it and not hitting your target by 9pm, breakfast is the easiest fix. Try a 25g shake instead of a full meal. Most "not hungry" women can drink one.

Q: Plant or animal protein, what's better?

A: Animal is more efficient gram-for-gram (more leucine, more bioavailable, less volume). Plant works fine if you eat enough total grams and combine sources. Both build muscle. Animal is just easier.

Q: What's the best protein powder?

A: Whey isolate from a reputable brand (Optimum Nutrition, Bulk, MyProtein, Legion). Vegan: pea plus rice blend. Avoid "weight gainers" and cheap Amazon brands with proprietary blends.

Q: How fast will I see results?

A: Hunger and cravings, 1-2 weeks. Energy and sleep, 2-4 weeks. Visible body comp, 6-12 weeks with strength training and a slight deficit.

Q: Do I count protein from carbs (oats, rice, bread)?

A: Count it, but don't rely on it. The protein in plant carbs is incomplete and lower quality. Build the day around real anchors and let the carbs add a little extra.

The One-Page Action Checklist

Print this. Screenshot it. Put it on the fridge. If you do nothing else, do these five things.

— THE 5-STEP PROTEIN CHECKLIST

1. Know your number.

Bodyweight in kg x 2 = your daily protein target in grams. Write it down.

2. Eat 25–40g of protein at every meal.

Breakfast, lunch, dinner. Add a snack if you need it. No more saving it all for dinner.

3. Anchor every meal with a protein you can see.

A palm of meat or fish, a fist of dairy, or a scoop of whey. If you can't see it, the meal is broken.

4. Stock 3 anchor proteins at all times.

Eggs, cottage cheese, and a cooked protein in the fridge (chicken thighs, ground turkey, salmon). That's the floor.

5. Track protein for 7 days, then trust your eye.

After one week of tracking you'll know what your meals look like. Use the Eyeball Method from there.

That's the cheat sheet. That's the leverage. Now go cook something.

From Johan

Here's the truth.

If you actually do what's in this PDF, calculate your number, hit it 5 days a week, spread it across 3-4 meals, and pair it with even basic strength training, you'll outperform 90% of women your age. No app, no influencer, no special meal plan.

But protein is one lever. The most important one, which is why this exists. It's not the only one.

The women I coach inside **The Odyssey** don't just hit their protein. Using the **RESTORE Method**, we fix the training, the sleep, the stress, the hormones, the identity around food, and the "diet brain" that's had them stuck through 5-10+ years of dieting. We do it together over 4-6 months. The result is a body and a relationship with food that lasts the rest of their life, not until next January. The keeping-it-off part. That's the actual work, and that's what we do.

That's the problem with this industry: everyone sells you the 12-week fix and none of them teach you the exit strategy.

If you've nailed the basics and want help putting the whole picture together, start here:

Watch the free video on how the method works:

odysseycoachingsystems.co/ocs-process

Or book a free, no-pressure discovery call. Real conversation, real assessment, real plan, whether you work with me or not. More at odysseycoachingsystems.co.

Either way, I'm rooting for you. ;)

Johan

This guide is for educational purposes and is not medical advice. If you have a health condition, are pregnant, or are taking medication, please consult your physician before changing your diet.

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