

11 EASY WAYS

→ TO GET ←

25+ GRAMS

OF PROTEIN

Fast!



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HELLO

There!

If you're like a lot of people I talk to, getting enough protein can be a real struggle.

It's either too boring—like eating the same old protein choices (hello, chicken breast and ground turkey!) every meal—or you're left wondering, “Am I even getting enough protein?”



I mean, two eggs are NOT enough protein for breakfast!

Back when I was struggling with my own nutrition, I was bored out of my mind with my meals. I knew there had to be a better way, so I started switching things up and experimenting...

I finally landed on my new favourite “go-to” options that were not only simple to make — but they tasted great! Of course, I started sharing these with my clients... because when you've got easy, delicious recipes that are packed with protein and nutrients, it's even easier to stay on track and hit your fat loss & fitness goals—faster.

And guess what?

My clients did just that...



One client even went from dreading meal prep to actually enjoying it, and hitting her goals effortlessly.

So if you're anything like me or like the clients I've worked with who've been stuck in a protein rut, this cheat sheet was made for you!

Inside, you'll find:

Lots of great protein options to keep it interesting



Foods that are also rich in fiber, healthy fats, and other good-for-you nutrients to help you feel your best



Meal-prep-friendly ideas that make sticking to your plan easier than ever



I hope these recipes make your meal planning and prep easier!

SARAH HEIPEL

PERSONAL TRAINER & HOLISTIC FITNESS COACH
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Just a Few of Our **HAPPY CLIENTS**



Jill Proud, 58

Jill has transformed her body composition through consistency of strength training & balanced nutrition. She's feeling stronger in all areas of her life.



Carol L-P, 64

"This program (Healthy Goddess Project) has helped me get back on track with my fitness & nutrition values...I have gained more strength which has given me a more toned physique and has also been helpful in the other sports that I do."



Smoked Salmon **SALAD**

Makes 1 serving

Not only is this delicious salad loaded with protein, it's also rich in omega-3 fatty acids.

NUTRITION INFORMATION (PER SERVING)

Calories: 346 kcal; Fats, 28 grams; Carbs, 12 grams; Fiber, 3 grams; Protein, 27 grams

INGREDIENTS

- Mixed greens (spinach, arugula, etc.)
- Sliced cucumber, cherry tomatoes, red onion
- 1 tsp of olive oil
- balsamic vinegar (to taste)
- 3 oz (85 g) of smoked salmon
- ¼ cup (30 grams) of feta cheese crumbles

INSTRUCTIONS

Place the greens and veggies in a salad bowl and drizzle with the olive oil and vinegar.

Toss, and top with the smoked salmon and feta cheese.



ZESTY

Cheese Toast

Makes 1 serving

This easy toast recipe is surprisingly satisfying and delicious – and on top of being loaded with protein, it’s a great source of calcium.

Tip: look for cottage cheese that contains probiotics for even more healthy benefits!

NUTRITION INFORMATION (PER SERVING)

Calories: 285 kcal; Fats, 9 grams; Carbs, 24 grams; Fiber, 3 grams; Protein, 27 grams

INGREDIENTS

- $\frac{2}{3}$ cup (150 grams) low-fat cottage cheese
- 1 slice sprouted grain bread
- 1 hard-boiled egg, sliced
- (optional) 2 Tbsp chopped fresh herbs (parsley, chives, dill, basil, or cilantro)
- (optional) drizzle of balsamic vinegar

INSTRUCTIONS

Toast the bread and place on a plate.

Spread the cottage cheese over the toast, layer on the sliced egg and if using, top with the herbs and/or balsamic vinegar.

Enjoy!



VEGGIE

Ricotta Snack Jar

Makes 1 serving

This savory dip is great for meal prep – double or triple the recipe to keep some in the fridge for snack “emergencies”!

Look for ricotta cheese with added probiotics for extra benefits.

NUTRITION INFORMATION (PER SERVING)*

Calories: 370 kcal; Fats, 18 grams; Carbs, 28 grams; Fiber, 6 grams; Protein, 27 grams

*Not including dipping veggies

INGREDIENTS

- $\frac{2}{3}$ cup (162 grams) part-skim ricotta cheese
- 1 tsp chopped fresh dill
- $\frac{1}{4}$ cup (30 grams) chopped cucumber
- 1 Tbsp nutritional yeast
- 1 Tbsp hemp seeds
- Veggies for dipping: bell pepper strips, carrots, celery, broccoli florets, etc.

INSTRUCTIONS

Stir all the ingredients (except for the veggies for dipping) together and place in a reusable container or mason jar.

Dip in the veggies when you're ready to eat! Enjoy :-)

This keeps in the refrigerator for 2-3 days.



Turkey & Avocado **WRAP**

INGREDIENTS

- 3 oz (85 g) cooked sliced turkey breast (or roasted chicken)
- ¼ of an avocado, cut small chunks
- 1-2 large lettuce leaves

INSTRUCTIONS

Wrap the sliced turkey breast and avocado chunks in a large lettuce leaf or two, as needed.

Roll it up and enjoy.

Makes 1 serving

Rich in protein... healthy fats... and flavor! What's not to love about this fast, easy, and portable snack?

TIP: Keep roasted chicken or turkey in the fridge for a quick hit of healthy protein – without the added sodium and preservatives found in deli meat.

NUTRITION INFORMATION (PER SERVING)

Calories: 184 kcal; Fats, 7 grams; Carbs, 3 grams; Fiber, 3 grams; Protein, 26 grams



Egg & Veggie Snack **PLATE**

Makes 1 serving

There's something fun about snack plates — even for dinner! This one is loaded with protein, veggies, and fiber.

Experiment with different savory hummus flavors. Yum!

NUTRITION INFORMATION (PER SERVING)

Calories: 398 kcal; Fats, 24 grams; Carbs, 22 grams; Fiber, 8 grams; Protein, 25 grams

INGREDIENTS

- 2 large hard-boiled eggs
- ¼ cup (30 grams) of hummus
- ⅓ cup (50 grams) of edamame (shelled, cooked)
- A handful of cherry tomatoes
- A few cucumber slices and celery sticks
- Salt and pepper to taste
- Optional: A sprinkle of paprika or everything bagel seasoning for extra flavor

INSTRUCTIONS

Peel and slice the hard-boiled eggs.

Arrange them, along with the hummus, edamame, tomatoes, and veggies, on a plate.

Sprinkle with seasoning. Enjoy!

Just a Few of Our **HAPPY CLIENTS**



GETTING OLDER IS
INEVITABLE
AGING IS OPTIONAL

Marlene Landry, 74

Marlene is living proof that its never too late to prioritize your health. She is now pain-free and feeling better than ever. Her strength, mobility, and vitality are a testament to the power consistency and a balanced lifestyle.



Barb Seigman

"I lost 11lbs and I feel more energetic and confident! Menopausal weight gain had been a struggle to lose. I lost weight, the indigestion is gone, and I feel a lot better. Thanks again!"



Tuna Salad Lettuce **WRAPS**

Makes 1 serving

NUTRITION INFORMATION (PER SERVING)

Calories: 149 kcal; Fats, 2 grams; Carbs, 7 grams; Fiber, 1 grams; Protein, 26 grams

INGREDIENTS

- 3 oz (85 g) light tuna packed in water, drained
- 2 Tbsp low-fat plain Greek yogurt
- 1 tsp Dijon mustard
- A “squeeze” of lemon juice
- 2-3 Tbsp diced cucumber and celery
- (optional: 1 Tbsp chopped fresh herbs like dill or parsley)
- 2-3 large lettuce leaves

INSTRUCTIONS

Mix all of the ingredients except lettuce leaves together in a bowl.

Mound the tuna salad in a line along the center of a lettuce leaf and wrap it up. Enjoy!



Beef Jerky & **ALMONDS**

Makes 1 serving

NUTRITION INFORMATION (PER SERVING)

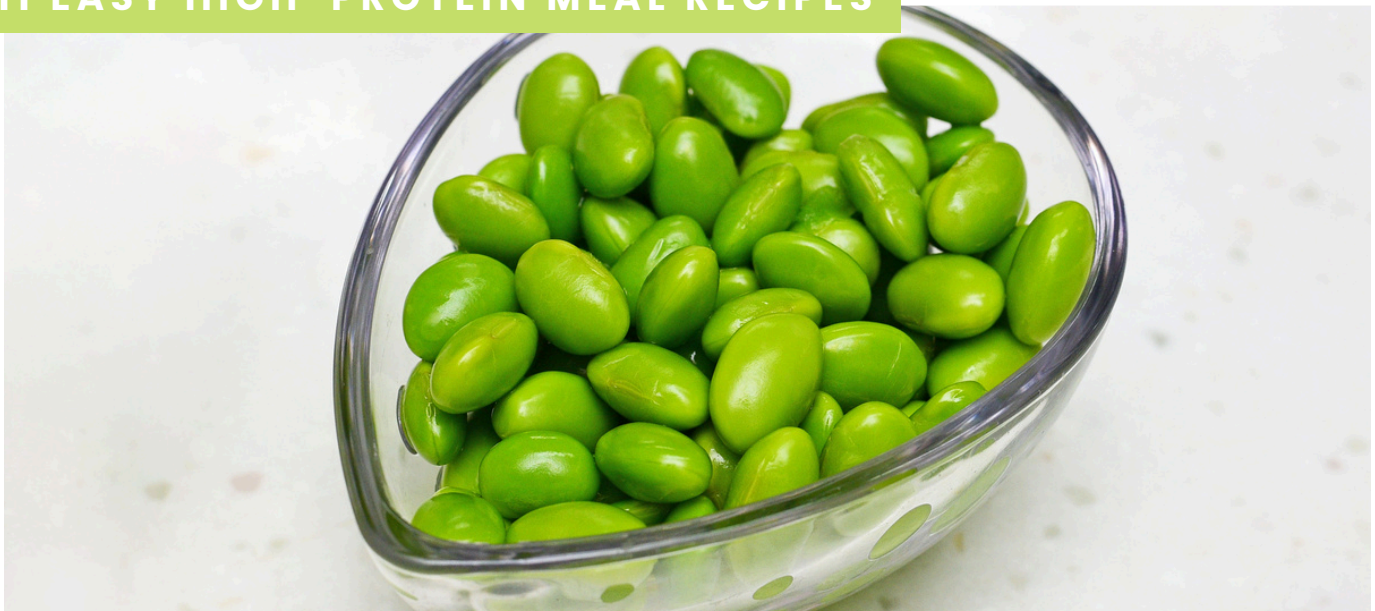
Calories: 222 kcal; Fats, 10 grams; Carbs, 3 grams; Fiber, 2 grams; Protein, 31 grams

INGREDIENTS

- 2 oz (56 grams) low-sugar beef jerky
- ½ oz (14 grams) raw almonds

INSTRUCTIONS

This one couldn't be easier — measure your portion sizes and enjoy as-is!



Edamame with **TUNA**

Makes 1 serving

This healthy combo isn't just tasty — it is also surprisingly filling

NUTRITION INFORMATION (PER SERVING)
Calories: 256 kcal; Fats, 10 grams; Carbs, 14 grams; Fiber, 4 grams; Protein, 27 grams

INGREDIENTS

- $\frac{2}{3}$ cup (100 grams) frozen shelled edamame
- 2 oz (56 grams) tuna in water
- 1 tsp olive oil
- (Optional) a dash of lemon juice, sriracha, or hot sauce (or a combo)

INSTRUCTIONS

Bring a pot of water to a boil. Add the frozen shelled edamame and boil for 3-5 minutes until tender.

Drain the edamame in a colander and rinse with cold water.

Place in a bowl and add the tuna.

Drizzle with the olive oil and add any flavorings. Toss and enjoy!



Chicken & Hummus **CHARCUTERIE PLATE**

Makes 1 serving

You don't have to wait for a special occasion to make a charcuterie — it's as simple as assembling this protein- and fiber-rich plate.

NUTRITION INFORMATION (PER SERVING)

Calories: 250 kcal; Fats, 8 grams; Carbs, 14 grams; Fiber, 5 grams; Protein, 30 grams

INGREDIENTS

- 3 oz (85 grams) grilled chicken breast
- 2 Tbsp of hummus
- 1 each medium carrot and stalk of celery
- Optional: other crudité (cucumber slices, sliced peppers, etc.)

INSTRUCTIONS

Assemble all of the ingredients on a plate and enjoy!

MOCHA PROTEIN

Iced Coffee with Cacao Nibs



INGREDIENTS

- 1 cup (240 ml) of brewed coffee, chilled
- 1 scoop of chocolate protein powder (or the amount equal to about 25 grams of protein)
- ½ cup (120 ml) of unsweetened oat milk (or your preferred milk)
- 1 Tbsp of cacao nibs
- ½ tsp vanilla extract (optional, for extra flavor)
- Ice cubes

INSTRUCTIONS

Brew a cup of your favorite coffee and let it chill in the refrigerator for at least an hour. **Tip:** You can also use cold brew concentrate — follow the package directions to make 1 cup of coffee, and follow the rest of this recipe as-is.

Pour chilled coffee into a blender and add all of the ingredients except the ice. Blend until smooth and frothy.

Place ice cubes in a large glass and pour the coffee mixture over the ice.

Add any optional toppings.

Makes 1 serving

This protein-rich drink is packed with antioxidants because of the coffee and cacao — and it'll give you a quick energy boost.

Just make sure not to drink it after 2 p.m. if you're sensitive to caffeine.

To make this extra special, after blending, sprinkle your coffee with a little cinnamon and additional cacao nibs!

NUTRITION INFORMATION (PER SERVING)

Calories: 195 kcal; Fats, 7 grams; Carbs, 8 grams; Fiber, 4 grams; Protein, 25 grams



Mexican Shrimp **COCKTAIL**

Makes 1 serving

Here's a savory snack that feels worthy of serving guests!

Don't be put off by the list of ingredients – it takes literally just a couple of minutes to throw this together.

NUTRITION INFORMATION (PER SERVING)
Calories: 255 kcal; Fats, 7 grams; Carbs, 20 grams; Fiber, 4 grams; Protein, 28 grams

INGREDIENTS

- 4 oz (115 grams) cooked medium shrimp (peeled & deveined)
- 2 Tbsp diced red onion
- 1 Tbsp chopped cilantro
- 2 cherry tomatoes, diced
- 2 Tbsp ketchup
- 2 tsp of your favorite hot sauce
- 1 tsp lime juice
- Sea salt and black pepper to taste (a few dashes)
- ¼ cup (28 grams) diced avocado

INSTRUCTIONS

In a small- to medium-sized bowl, stir together the onion, cilantro, tomato, ketchup, hot sauce, lime juice, salt, and pepper.

Add the avocado and cooked shrimp, gently stirring to incorporate.

Enjoy as-is or serve with veggies.

Here are Your

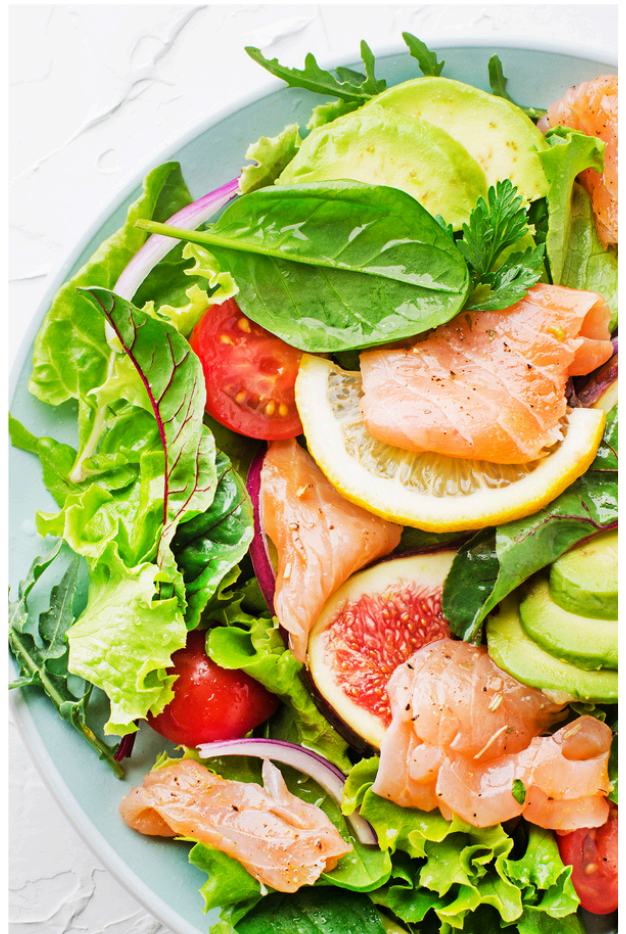


NEXT STEPS!

Way to go on making it to the end of this Protein Cheat Sheet!

Getting in more protein is an amazing first step to help you hit your **Fit-over-40** goals...

But the next (& most important) step is figuring out a complete plan that works for you—one that not only balances your nutrition, but also your workouts, your habits, and everything in between.



Imagine if you had ALL the pieces of the puzzle—nutrition, exercise, sleep, stress management—all fit together perfectly into your life...

You'd have a clear, actionable path to follow, making it so much easier to hit your **weight loss and muscle building** goals and maintain them.

That's exactly what

The Healthy Goddess Project

is designed to help you with.



Here's what you'll get when you join:

- ✔ **A personalized roadmap** that seamlessly integrates your nutrition, workouts, and daily habits—so you can stay consistent, balanced, and on track.
- ✔ **Custom meal plans, workout schedules, and habit-tracking tools** crafted specifically for YOUR lifestyle, so you'll always know exactly what to do to reach your goals.
- ✔ **Built-In Accountability** to help keep you on track and to make personalized adjustments to make sure you're always moving towards your goals, even when life gets busy.
- ✔ **LIVE coaching + support** from me to help you tweak and optimize your plan as you progress, making sure that it always works for you—not the other way around.
- ✔ **Workshops and trainings** that dive deep into building sustainable, healthy habits that will stick with you for life.

Here's what some of our clients are saying...



Deb Nettisheim

71, Lost 20lbs

"It (Healthy Goddess Project) has been a totally worthwhile investment where I experienced many changes. My joints became less cranky, my focus is sharper, my sleep improved AND I am building strength Physically and emotionally."



Jan Moysey

74, Lost 5% body fat and increased 2lbs muscle

Jane rocked The Little Black Dress Project, significantly increasing her strength. She showed up for her girls trip feeling fit and fabulous.

Now it's your turn
to get results like
this!

[CLICK HERE TO BOOK A CALL](#)



Schedule your FREE clarity call to talk about your goals and how *GoodEnergy* systems can help you reach them faster. Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

book your call now...

SARAH HEIPEL

PERSONAL TRAINER

WWW.GOODENERGYCOACH.COM

Let's do this together!