



The Protein Swap Cheat Sheet

Easy upgrades to hit your daily protein goal

Why protein matters

Whether you're on a GLP-1 or building habits naturally, aim for 0.7–1g per pound of goal body weight. Protein preserves muscle, curbs cravings, and keeps you full.

BREAKFAST SWAPS

- | | | |
|---------------------------------|---|---------------------------------------|
| ✗ Sugary cereal + milk (4g) | → | ✓ Greek yogurt + berries (18g) |
| ✗ Bagel with cream cheese (10g) | → | ✓ 2 eggs + whole grain toast (18g) |
| ✗ Fruit smoothie (5g) | → | ✓ Protein smoothie w/ 1 scoop (25g) |
| ✗ Instant oatmeal packet (4g) | → | ✓ Oats + 1 scoop protein powder (24g) |
| ✗ Pancakes (6g) | → | ✓ Cottage cheese pancakes (22g) |

LUNCH SWAPS

- | | | |
|--------------------------|---|--------------------------------------|
| ✗ Grilled cheese (12g) | → | ✓ Turkey + cheese melt (28g) |
| ✗ Caesar side salad (5g) | → | ✓ Caesar + 4oz grilled chicken (32g) |
| ✗ PB&J on white (10g) | → | ✓ PB + banana on whole wheat (16g) |
| ✗ Vegetable soup (4g) | → | ✓ Lentil or bean soup (14g) |

SNACK SWAPS

- | | | |
|---------------------|---|------------------------------|
| ✗ Potato chips (2g) | → | ✓ Roasted edamame (11g) |
| ✗ Granola bar (4g) | → | ✓ Protein bar 15g+ (18g) |
| ✗ Fruit alone (1g) | → | ✓ Apple + string cheese (7g) |
| ✗ Crackers (2g) | → | ✓ Turkey jerky (11g) |

COACH'S TIP

Aim for 25–30g of protein per meal. That's the sweet spot for muscle protein synthesis.



More Protein Wins

Dinners, drinks, and grocery upgrades

DINNER SWAPS

✗ Spaghetti + red sauce (12g)	→	✓ Spaghetti + turkey meat sauce (30g)
✗ Cheese pizza slice (12g)	→	✓ Chicken/veggie pizza slice (22g)
✗ Rice + veggie stir-fry (8g)	→	✓ Rice + shrimp stir-fry (28g)
✗ Cheese quesadilla (15g)	→	✓ Chicken quesadilla (30g)
✗ White rice (4g)	→	✓ Quinoa (8g)
✗ Regular pasta (7g)	→	✓ Chickpea or lentil pasta (14g)

DRINK SWAPS

✗ Coffee w/ cream & sugar (1g)	→	✓ Protein coffee w/ milk + collagen (12g)
✗ Soda (0g)	→	✓ Sparkling protein water (10g)
✗ Regular latte (10g)	→	✓ Skim latte + protein shot (22g)

GROCERY POWER PLAYERS

- Greek yogurt (2%) — 17g per 6oz
- Chicken breast — 26g per 3oz
- Eggs — 6g each
- Edamame — 17g per cup
- Protein powder — 20–25g per scoop
- Cottage cheese — 14g per ½ cup
- Canned tuna — 20g per pouch
- Turkey deli slices — 12g per 2oz
- Lentils — 18g per cup cooked
- Tofu (firm) — 20g per cup

COACH'S TIP

GLP-1 friendly: eat protein FIRST at every meal. It keeps you full through the appetite dip.

