



The Complete Protein Guide

Your go-to list for hitting protein goals every day

Why protein matters on your journey

Protein is an important macronutrient — and especially critical during your GLP-1 journey. It helps maintain muscle mass, prevent hair loss, improve satiety, and reduce fatigue.

YOUR DAILY GOAL

80–100g protein per day

or aim for
30g per meal

YOUR PROTEIN POWER LIST

Meat & Eggs

- Whole eggs
- Egg whites
- Lean ground beef (93%+)
- Lean ground turkey
- Lean ground chicken
- Canned chicken
- Pork tenderloin or chops
- Skinless grilled chicken breast
- Deli ham / turkey / chicken
- Beef jerky

Dairy

- Non-fat Greek yogurt
- No/low-sugar high-protein yogurt
- (Oikos, Ratio, Too Good)
- Low-fat cottage cheese
- Low-fat string cheese
- Low-fat / skim milk

Fish & Seafood

- Tilapia
- Salmon
- Tuna
- Shrimp
- Lobster
- Crab
- Canned tuna or salmon





More Protein, More Options

Plant-based sources + easy grab-and-go list

PLANT-BASED PROTEIN

Beans & Lentils

- Edamame
- Kidney beans
- Pinto beans
- Black beans
- Chickpeas
- Lentils

GRAB-AND-GO FAVORITES

When you have 2 minutes...

- Chomps or beef jerky sticks
- Low-fat cheese sticks
- Fairlife Core Power protein shake
- Oath clear protein shake (powder)
- PB2 Fit powder (instead of peanut butter)
- Kodiak protein pancakes
- Kodiak oatmeal or overnight oats
- Hard-boiled eggs
- High-protein trail mix
- Protein bar
- Handful of almonds

COACH'S TIP

Front-load your protein! Aim for 30g at breakfast to set the tone and curb cravings later.

GENTLE REMINDER

You don't have to eat all of these. Pick 3–4 favorites from each category and rotate. Consistency beats perfection every single time. Your future self will thank you.