

MEMBER HANDOUT • NUTRITION

Protein

WHY PROTEIN MATTERS

Protein is an important macronutrient, and it is especially important during your GLP-1 journey. It helps maintain muscle mass, helps prevent hair loss, helps improve satiety, and can help prevent side effects such as fatigue and headaches.

DAILY GOAL

Aim for at least **80 – 100 grams of protein daily**, or **30 grams per meal**.

WHERE TO FIND PROTEIN



Meat & Eggs

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



Dairy

- Non-fat Greek yogurt
- No- / low-sugar flavored yogurt, high protein (Oikos, Ratio, Two 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



Beans & Lentils

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

! EASY GO-TOS

Grab-and-go items to keep on hand for busy days.

- Chomps beef jerky sticks
- Fairlife Core Power protein shake
- PB2 Fit powder (instead of peanut butter)
- Low-fat cheese sticks
- OWYN clear protein shake (powder)
- Kodiak protein pancakes

- Kodiak oatmeal or overnight oats
- High-protein trail mix
- Handful of almonds
- Boiled eggs
- Protein bar

NEXT STEP

Coach tip. Add a protein source to every meal *and* every snack. Eating protein before carbs helps steady blood sugar and keeps you fuller longer.