



# *The Essentials*

# **A PROTEIN PACKED DAY**

Protein is essential for muscle repair, hormone balance, and overall health, so finding good sources that work for you is key.



Steve Czerniejewski

# First focus on actually consuming protein with every meal



- Chicken Breast: Versatile and high in protein, chicken breast is great in salads, wraps, or stir-fries.
- Turkey: Similar to chicken, but with a slightly different flavor profile. Try it in ground form for tacos, burgers, or meatballs.
- Lean Beef: Ground beef, steaks, and roasts provide quality protein. Opt for lean cuts to keep the fat content lower if that's a priority.





# Fish & Seafood

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- Salmon: Packed with protein and healthy fats (omega-3s), salmon is a nutritious choice.
- Tuna: Canned tuna is an easy, budget-friendly option you can mix with veggies, put in a wrap, or add to a salad.
- Shrimp: High in protein and quick to cook, shrimp can be added to pasta, stir-fries, or salads.





# Eggs and Dairy

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- Eggs are a fantastic, affordable source of protein that's quick and versatile. They're easy to prepare as hard-boiled snacks, scrambled, or mixed into dishes like stir-fries. For egg-free folks like yourself, I'll provide more options below!
  - Greek Yogurt: Higher in protein than regular yogurt, Greek yogurt makes a great snack or breakfast. You can top it with nuts or fruit for added flavor and nutrients.
  - Cottage Cheese: A high-protein, low-carb snack. Mix it with fruits or veggies for a balanced option.
  - Cheese: While high in protein, cheese is also high in fat, so enjoy it in moderation. It can be a convenient snack or topping.







# Plant-Based Protein Sources

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- **Beans and Lentils:** Black beans, chickpeas, and lentils are protein-rich and full of fiber, making them a great addition to soups, salads, or bowls.
- **Tofu & Tempeh:** These soy-based proteins are versatile and can be used in stir-fries, sandwiches, or even grilled. They're especially helpful if you're trying to add more plant-based meals.
- **Quinoa:** Though it's technically a grain, quinoa is high in protein and provides all nine essential amino acids, making it a complete protein. Use it as a base for salads or bowls.
- **Nuts and Seeds:** Almonds, pumpkin seeds, chia seeds, and hemp seeds contain protein and healthy fats. Add them to yogurt, salads, or smoothies.



If you need more protein, just add an extra serving to your meals. This increases our overall protein intake for the day without having to carry around a lunchbox.





## Carry a lunchbox Have an extra serving



Take some protein snacks with you. If you don't have refrigeration, use a lunchbox. Some things I like to take with me are:

- Cottage cheese
- Greek yogurt and protein granola
- Hard boiled eggs
- An actual lunch



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If you're struggling to get enough protein through whole foods, you could consider adding a protein bar or shake. Just be mindful of added sugars or artificial ingredients. Plant-based protein powders made from pea, rice, or hemp protein can be an alternative if dairy-based proteins don't work for you.







Here's an example of how you might build a day around high-protein foods:

- Breakfast: Greek yogurt with chia seeds and a sprinkle of nuts (or eggs for those who can)
- Lunch: Grilled chicken salad with quinoa and black beans
- Snack: Cottage cheese with berries or a handful of almonds
- Dinner: Salmon or tofu stir-fry with a mix of veggies

