Protein Week
Small steps, lasting change

FEEL FIT WITH LUCY

Why it matters

Protein is essential to build and repair muscle and support your bones, as well as helping to regulate blood sugar and reduce hunger.

It becomes even more important as we go through (peri) menopause when falling oestrogen makes it harder to retain muscle and bone. Training gives your body the signal to build muscle, and protein gives it the materials to do it.

How much do you need

Estimates vary but main sports bodies recommend **around 1 - 1.8g/ kg/ day.**

If you are peri/post menopausal, more active, history of injuries and/or trying to lose weight aim towards the higher end.

How to check what you're getting

- **Decide your goal** (in grams per kg of body weight per day)

- **Check protein in your most common meals**
- Weigh typical portion, check nutrit info
- Dont put it off, just do one meal at a time, only takes a few moments
- Just do it once, focus on averages rather than exact

- **Work out shortfall**
- Use the following cheat sheet to add some extra protein in
- Aim for around 20-30g after exercise and evenly spaced through the day.



85 KG x 1.3 = 110 G

For more ideas and support see @feelfitwithlucy and feelfitwithlucy.co.uk/blog

Protein Week
Cheat Sheet

Note: All values are approximate and brands vary

Breakfast

- 1 egg - 6g
- Greek yoghurt (150g) - 13-15g
- Skyr (150g) - 16g
- Plain yoghurt (150g) - 6-8g
- 1 slice wholemeal bread - 4g
- Porridge oats (40g) - 5g
- Milk (200ml) - 7g
- Cottage cheese* (100g) - 11g
- Smoked salmon (50g) - 11g

Vegan

- Vegan protein yoghurt (150g) - 6-8g
- Tofu scramble (100g tofu) - 8-10g
- Soya milk (200ml) - 7g
- Baked beans (half a tin, 200g) - 9g
- Peanut butter (1 tbsp) - 4g
- Almonds (30g) - 6g
- Pumpkin seeds (2 tbsp) - 6g
- Chia seeds (1 tbsp) - 3g

Easy boosts:

- Add nuts or seeds to yoghurt or cereal
- Swap to Greek yoghurt or Skyr
- Add a spoonful of peanut butter or protein powder
- Add an extra egg or a side of cottage cheese

Breakfasts that hit 25-30g

- Greek yoghurt and berries + 2 tbsp pumpkin seeds + small handful of almonds - about 26-28g (if vegan yoghurt add more nuts)
- 2 eggs on 2 slices wholemeal toast + smoked salmon - about 28-30g
- 4 scrambled or poached eggs - 32g
- Overnight oats with milk + a scoop of protein powder - about 30g

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Lunch/dinner

Fish

- Tinned tuna (1 tin, drained) - 25g
- Salmon fillet (120g cooked) - 25-27g
- White fish, cod or haddock (120g cooked) - 24-26g
- Mackerel fillet (100g) - 19-20g
- Tinned sardines (small tin) - 20g
- Prawns (100g) - 18g

Meat

- Chicken breast (100g cooked) - 30g
- Turkey breast (100g cooked) - 29g
- Steak (150g cooked) - 35g
- Lean pork loin (100g cooked) - 28g
- Chicken thigh (100g cooked) - 25g
- Lean beef mince (100g raw) - 20g
- Typical bolognese portion -25-30g
- Ham (2 slices) - 8g

Veggie

- Eggs - 6g each
- Halloumi (50g) - 11g
- Paneer (100g) - 18-20g
- Cheese (30g) - 7-8g
- Cottage cheese (100g) - 11g
- Quorn pieces/mince (100g) - 14g

Vegan

- Firm tofu (150g) - 18-20g
- Tempeh (100g) - 19-20g
- Seitan (100g) - 20-25g
- Silken tofu (150g) - 9g
- Lentils (150g cooked) - 13g
- Edamame beans (100g) - 11-12g
- Chickpeas , kidney or black beans (half a tin, 120g) - 10g
- Quinoa (150g cooked) - 6-7g
- Hummus (2 tbsp) - 3g

Ideas:

- **Meat and fish:** Chicken and veg traybake / turkey chilli with beans / bolognese with extra lentils / chicken wrap with hummos / beef stir fry
- **Veggie and vegan:** Tofu or tempeh stir fry / bean chilli with edamame and quinoa / chickpea and spinach curry with tofu / veggie omelette (4 eggs) / roast veg salad with halloumi. Use silken tofu or blended tofu for white sauce and soups.

For more ideas and support see @feelfitwithlucy and feelfitwithlucy.co.uk/blog

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Snacks

- Greek yoghurt or Skyr pot - 13-16g
- Boiled egg - 6g
- Cottage cheese with oatcakes - 11-13g
- Handful of nuts (30g) - 6-7g
- Roasted chickpeas (30g) - 6-8g
- Edamame beans (100g) - 11g
- Glass of milk (200ml) - 7g
- Cheese and oatcakes - 8-10g
- Protein shake - 20-30g
- Protein bar - 10-20g
- Tinned tuna on crackers - 20g+
- Beef/turkey jerky (small pack) - 10-15g
- Kefir (200ml) - 7-8g
- Sardines on toast - 25-30g

Vegan

- Handful of nuts (30g) - 6-7g
- Roasted chickpeas (30g) - 6-8g
- Edamame beans (100g) - 11g
- Glass of soya milk (200ml) - 7g
- Hummus with veg sticks - 4g
- Hummus with oatcakes - 6g
- Toast with peanut butter - 8g
- Apple with peanut butter - 4g
- Protein shake - 20-25g
- Baked/ toasted tofu cubes (100g) - 12-15g
- Toasted or baked tempeh strips (100g) - 19-20g

Ideas:

- Roasted seeds with soy sauce, egg muffins, pancakes made with cottage cheese and oats

Ways to boost your intake:

- Start with the protein, then build the plate around it
- Ensure protein in every meal and snack
- Bulk up with lentils or beans in soups, stews, curries, bolognese and chilli
- Top up with seeds, nuts or cheese on salads, soups, porridge and pasta
- Swap in Greek yoghurt for cream or mayo, soya milk for other plant milks, wholemeal for white bread
- Add an egg to salads, grain bowls, stir fries and noodles
- Blend silken (or normal) tofu and stir it into sauces, curries, soups or pesto
- Keep tinned fish, tinned beans, ready-cooked lentils pouches and silken tofu in the cupboard or batch cook lentils and beans to freeze