The Protein Guide: Daily Needs, Food Sources, & Tips



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How Much Protein Do You Need?

Spread protein intake throughout the day to keep a steady supply of amino acids for energy and repair. Think eggs in the morning, seeds for a snack, amino acids in a smoothie, and salmon at dinner. Even distribution helps steady blood sugar, curb cravings, and support recovery.

A general formula is:
Body weight (lbs) ÷ 2.2 = weight in kg. Multiply by 1.2–2.4 (depending on age, activity, and healing needs).

- **Example:** 125 lbs ÷ 2.2 = 57 kg × 1.5 = 85 g protein per day

Satiety Tip:

Protein is the most filling macronutrient—it helps regulate hunger hormones, suppress appetite, and digests more slowly than other foods, keeping you satisfied longer.



How Much Protein Do You Need?

Protein Needs Across Life Stages:

- **Healthy Adults:** 1.2 to 2.0 g/kg; up to 2.4 for athletes, aging, or healing.
- **Children (4–12):** 1.2 to 1.6 g/kg for growth and development.
- **Teens (13–18):** 1.5 to 2.0 g/kg; up to 2.2 for athletes.
- **Pregnancy & Breastfeeding:** 1.6 to 2.0 g/kg for growth and milk production.
- **Illness, Injury, Cancer:** 1.6 to 2.2 g/kg+; pure amino acid supplements often helpful.
- **Older Adults (65+):** 1.6 to 2.0 g/kg to prevent muscle loss.

Protein needs climb anytime the body is growing, healing, or under stress!



Animal-Based Protein Sources



Meat, Poultry, Fish

Food	Serving Size	Protein (g)
Chicken breast (skinless)	4 oz (113 g)	35 g
Chicken thigh (skinless)	4 oz (113 g)	31 g
Turkey breast	4 oz (113 g)	34 g
Ground turkey (93% lean)	4 oz (113 g)	29 g
Ground beef (80% lean)	4 oz (113 g)	26 g
Ground beef (90% lean)	4 oz (113 g)	29 g
Beef sirloin	4 oz (113 g)	33 g
Lamb chop	4 oz (113 g)	28 g
Bison	4 oz (113 g)	28 g
Elk	4 oz (113 g)	28 g
Salmon (wild)	4 oz (113 g)	30 g
Shrimp	4 oz (113 g)	23 g
Scallops	4 oz (113 g)	24 g





Animal-Based Protein Sources

Dairy & Eggs

Food	Serving Size	Protein (g)
Whole eggs	2 large	12 g
Egg whites	3 large	11 g
Egg yolks	2 yolks	6 g
Greek yogurt (whole)	1 cup	27 g
Plain yogurt (low-fat)	1 cup	12 g
Cottage cheese (low-fat)	1 cup	28 g
Kefir (plain)	1 cup	9 g
Whole milk	1 cup	8 g
Cheddar cheese	1 oz (28 g)	7 g
Mozzarella (part-skim)	1 oz (28 g)	7 g
Parmesan (hard, grated)	1 oz (28 g)	10 g
Feta cheese	1 oz (28 g)	4 g
Ricotta (whole milk)	½ cup	14 g

Plant-Based Protein Sources





Legumes, Grains, Soy

Food	Serving Size	Protein (g)
Lentils (cooked)	1 cup	18 g
Black beans (cooked)	1 cup	15 g
Chickpeas (cooked)	1 cup	15 g
Kidney beans (cooked)	1 cup	15 g
Adzuki beans (cooked)	1 cup	17 g
Navy beans (cooked)	1 cup	15 g
Split Peas (cooked)	1 cup	16 g
Edamame (shelled)	1 cup	18 g
Tempeh	3 oz	18 g
Tofu (extra firm)	4 oz	18 g
Quinoa (cooked)	1 cup	8 g
Amaranth (cooked)	1 cup	9 g
Buckwheat (cooked)	1 cup	6 g



Plant-Based Protein Sources



Nuts & Seeds

Food	Serving Size	Protein (g)
Hemp seeds	3 Tbsp	10 g
Pumpkin seeds	4 Tbsp	9 g
Sunflower seeds	4 Tbsp	6 g
Chia seeds	2 Tbsp	5 g
Flaxseeds (ground)	2 Tbsp	4 g
Almonds	1 oz (~23)	6 g
Cashews	1 oz (~18)	5 g
Walnuts	1 oz (~14 halves)	4 g
Pistachios	1 oz (~49)	6 g
Pecans	1 oz (~19 halves)	3 g
Hazelnuts	1 oz (~21)	4 g
Brazil nuts	1 oz (~6)	4 g
Peanut butter	2 Tbsp	7 g



Targeted Roles of Amino Acids

Amino Acids at Work:

- **Detoxification:** Eggs, seafood, meat, bone broth (methionine + cysteine + glycine → glutathione).
- **Muscle Recovery:** Beef, poultry, dairy (BCAAs: leucine, isoleucine, valine).
- **Gut & Immune Health:** Glutamine from meat, dairy, whey; also in bone broth and some vegetables.
- **Mood & Sleep:** Tryptophan from turkey, chicken, pumpkin seeds, oats → serotonin + melatonin. Carbs aid tryptophan transport into the brain.
- **Energy & ATP:** Arginine, glycine, methionine (creatine synthesis).
- **Fat Burning:** Carnitine (from lysine + methionine) shuttles fatty acids into mitochondria for β-oxidation—essential for efficient fat metabolism.

Nutrition Tip:

Carnitine, essential for fat-burning, is mostly found in animal products. Although the body can synthesize it from lysine and methionine—with help from vitamin C, B6, niacin, and iron—plant-based diets may fall short in these nutrients. Low carnitine levels can impair fat metabolism, especially during exercise or fasting. Vegans and vegetarians can support levels by ensuring adequate intake or using amino acid supplements if needed.



Planning Tips + Portion Visuals

Tips for Planning Protein:

- Anchor meals with protein first, then add colorful plants and healthy fats.
- Spread protein across the day for steady energy and better absorption.
- Mix animal + plant proteins for diverse amino acid profiles and phytonutrients.
- Use the **Meal Planner** to filter recipes by high-protein ingredients or build weekly menus without guesswork.

Quick Portion Visuals:

- 3 to 4 oz of meat, poultry, or fish = deck of cards, palm of your hand (not including fingers), or a small apple.
- 1 oz of nuts = small handful (≈23 almonds or 49 pistachios).

✨ **Protein is the cornerstone of resilience.**
Prioritize it daily to rebuild, restore, and thrive.

Nourish Deeper: Plan Protein-Rich Meals with Ease

Build steady energy, clearer mood, and faster recovery—one nourishing meal at a time. Create high-protein menus in minutes, filter recipes to your needs, and get gentle structure that actually sticks.

MEMBER LOGIN

Return to your planner and pick up where you left off.

JOIN NOW

Create an account to access high-protein meal plans, recipes, and advanced search features.

