



Protein Power: Protecting Health, Strength & Satiety



Worksheet 2



Protein does far more than build muscle — it fuels every system in your body. It supports metabolism, hormone balance, and immune health while helping you feel fuller, stronger, and more energized.

During GLP-1 therapy, your appetite may shrink — but your protein needs don't. This week's focus will help you learn how to meet those needs consistently so you can protect your health, maintain your strength, and feel satisfied with less food.

Science Recap

- Protein supports metabolism, hormones, immunity, and digestion — not just muscle
- Amino acids are your body's "letters" that build the proteins (words) that create every tissue and organ in your body (your story)
- Regular protein intake keeps your amino acid pool full so your body can build instead of break down
- Adequate intake (1.2–1.6 g/kg body weight) protects lean mass, energy, metabolism, and fullness on GLP-1s
- For those over 50, exercising frequently, or trying to build muscle, aim for 1.5–2.0 g/kg body weight

Step 1: Your Protein Goal

Equation: My weight (lbs) $\div$ 2.2 = my weight (kg) My Protein Range: ____ to ____ g/day."

Example: 185 lb woman, age 35, lightly active

My weight (lbs) 185 $\div$ 2.2 = 84 my weight (kg)

My Protein Range: 101 to 134 g/day

My weight (lbs) _____ $\div$ 2.2 = _____ my weight (kg)

My Protein Range: _____ to _____ g/day

Step 2 | Break It Down by Meal

Meal	Target Protein (g)	Example Foods
Breakfast		Eggs, Greek yogurt, protein oats
Lunch		Chicken, tofu, cottage cheese
Dinner		Fish, lentils, edamame
Snack(s)		Nuts, protein shake, cheese stick, kefir

- Aim for at least 25 g of protein at meals to stimulate muscle protein synthesis (MPS) and support ongoing repair
- Get protein from a variety of sources including plant sources
- On lower-appetite days, choose liquid protein options like smoothies, Greek-yogurt drinks, or protein shakes — they're easier to sip and digest when solid foods feel heavy.



Worksheet 2

My Focus This Week

Choose one area to start with:

- ☐ Add a protein-rich food to each meal
- ☐ Include a protein snack between meals
- ☐ Try one new protein source this week

My Weekly Goal:

My Minimum Habit

Pick an action you can do on your busiest days:

- ☐ Add protein at one meal
- ☐ Have a protein-based snack
- ☐ Prioritize protein at breakfast

My Minimum Habit:

3-Day Awareness Tracker

Day	Breakfast	Lunch	Dinner	Snack	Notes
Day 1	_____ grams	_____ grams	_____ grams	_____ grams	
Day 2	_____ grams	_____ grams	_____ grams	_____ grams	
Day 3	_____ grams	_____ grams	_____ grams	_____ grams	

Reflection Prompts

What helped me meet my goal?

How did I feel on days I hit vs. missed my target?

*Fueling your body well today protects the strength you'll
rely on tomorrow.*