



Your guide to clean protein sources and a high protein diet

HEATHER ROBERTSON



Disclaimer

The information provided in this guide is provided "as is" and is intended to promote general health improvement through healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. These guidelines were not created to suit any nutrient deficiencies, sensitivities, allergies or any other food related health problems or concerns. You should not use this guide as a substitute for the health advice, diagnosis or treatment from a qualified professional. Each individual will have their own specific needs and the information and recommendations contained in this guide are designed as a set of "generic guidelines" only. This guide does not consider any person's specific objectives, situations or individual requirements. Heather Robertson Health & Wellness Inc. makes no warranties or presentations, expressed or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced in this guide. The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals' situations. Heather Robertson Health & Wellness Inc. is not liable for any loss, experience or injury resulting from any action taken or reliance made by you on any of the information or material contained in this guide. If you use, or otherwise rely on, any of the information in this guide you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances. You should always obtain any appropriate professional health advice relevant to your particular circumstances. Copyright and all other intellectual property rights towards materials contained in this guide are owned by Heather Robertson Health & Wellness Inc. No intellectual property rights or other rights in, and to, the information and materials in this guide are transferred to any person who acquires, or may use, this guide. You may not adapt, reproduce, publish or distribute copies of any materials contained in this guide (including, but not limited to text, logos, graphics, photographs, video clips, trade marks or images) in any form including all electronic means.



Table of Contents

Introduction	01
Protein & weight management	02
Understanding protein requirements	03
Protein Sources	04
Protein rich foods	05
Boost your protein intake	06
High Protein recipes	07
Daily protein tracker	17



The Power of Protein

What to Expect

Throughout this guide, you'll learn how to:

- ✓ Determine your daily protein needs and learn how to calculate the amount of protein that's right for your body.
- ✓ Try a variety of lean protein sources and discover a wide range of high-protein foods and explore different alternatives to keep your meals interesting.
- ✓ Incorporate more protein into your diet with my practical tips and tricks to help you hit your daily protein goals.
- ✓ Create delicious, high protein meals with a number of healthy, protein rich recipes.
- ✓ Track your progress and monitor your daily protein consumption to ensure you're meeting your needs.

Remember

it's not about perfection—it's about making sustainable changes to your diet that can have a lasting impact on your health.

Your Coach

Heather Robertson is a certified trainer and nutrition coach here to provide you with the tools, tips, and support you need to get the results you want.

Learn all about the power of protein and how this macronutrient can help you reach your health & fitness goals.



Heather Robertson





Protein & weight management

Protein is vital for effective weight management as it impacts appetite, metabolism, and body composition. Incorporating sufficient protein into your diet can serve as a powerful strategy for managing your weight successfully.

Here's how:

Satiety and reduced calorie intake

Feel Fuller, Longer: Protein is more satiating than carbohydrates or fats. Consuming protein-rich meals can make you feel fuller for a longer period, reducing the tendency to overeat.

Lower Calorie Intake: Due to its satiating effect, a higher protein intake can naturally lead to a reduction in overall calorie consumption.

Metabolism and muscle mass

Boosts Metabolism

Protein has a higher thermic effect compared to fats and carbohydrates. This means that your body uses more energy to digest and metabolize protein, which can slightly boost calorie burning.

Preserves Muscle Mass

During weight loss, it's important to preserve muscle mass. Higher protein intake helps maintain muscle, even as you lose fat. Since muscle tissue burns more calories than fat, maintaining muscle mass can aid in weight management.

Protein quality and sources

Quality Matters: Prioritize high-quality protein sources, such as lean meats, fish, eggs, dairy products, legumes, and nuts. These foods provide essential amino acids that the body cannot produce on its own. **Plant-Based Proteins:** Plant-based proteins like beans, lentils, tofu, and quinoa are not only good protein sources but also bring additional nutrients like fiber, which further aids in weight management.

Remember

Maintaining a balanced diet is key. Including protein is important, but it should be part of a diverse range of foods to guarantee you receive various essential nutrients. Always take your personal health requirements into account and, if needed, seek guidance from a healthcare professional for advice tailored to you.



Understanding protein requirements

Understanding your daily protein requirements is crucial for maintaining optimal health, muscle preservation, and overall wellness. These needs can differ greatly depending on various factors, such as age, gender, weight, activity level, and individual health objectives.

General adult needs

For the average sedentary adult, a general guideline is to aim for 0.8-1.0 gram of protein per kilogram of body weight. This is a baseline and may vary depending on individual factors.

Active individuals

If you engage in regular physical activity, including workouts, sports, or have a physically demanding job, your protein needs may increase. Active individuals may require 1.2 to 2.0 grams of protein per kilogram of body weight to support muscle repair and growth.

Special considerations

Certain life stages or conditions, like pregnancy, breastfeeding, or recovery from illness, might require different protein intakes. It's always a good idea to consult with a healthcare professional for personalized advice.

How to calculate your protein needs

Determine Your Weight in Kilograms: If you know your weight in pounds, divide it by 2.2 to convert to kilograms.

1. Select Your protein requirement

Choose the multiplier based on your activity level:
Sedentary lifestyle: 0.8 g/kg
Active lifestyle: 1.0 - 2.0 g/kg

2. Calculate Your daily protein goal

Multiply your weight in kilograms by your chosen protein requirement.

Example: Sedentary Lifestyle

A person weighing 140lbs with a sedentary lifestyle would need:
 $150 / 2.2 = 68\text{kg}$
 $68\text{ kg} \times 0.8\text{ g/kg} = 54.4\text{ grams of protein per day.}$

Example: Active Lifestyle

The same person, if leading an active lifestyle, would need:
 $68\text{ kg} \times 1.2\text{ g/kg} = 81.6\text{ grams of protein per day}$

Additional tips

Consider your overall diet

Remember to balance your protein intake with other nutrients for a well-rounded diet.

Quality of protein

Focus on high-quality protein sources; lean meats, fish, dairy, legumes, and plant-based options.

Listen to your body

Pay attention to how your body responds to different levels of protein intake and adjust as needed.



Protein sources

Once you’ve determined your daily protein requirements, the next step is to explore where to source this vital nutrient.

Protein is found in numerous foods, both from animals and plants. This variety not only accommodates various dietary preferences and needs but also promotes a rich and diverse diet.

Animal-based protein sources

Animal proteins are considered ‘complete’ proteins, meaning they contain all essential amino acids.

Meats

Chicken, turkey, beef, pork, and lamb.

Fish and seafood

Salmon, trout, shrimp, sardines, and tuna.

Eggs

A versatile source of high-quality protein.

Dairy products

Milk, cheese, yogurt, and whey protein powders.

Plant-based protein sources

For vegetarians, vegans, or those looking to reduce animal protein intake, plant-based proteins are excellent alternatives. Note that most plant proteins, except a few, are ‘incomplete’, meaning they lack one or more essential amino acids. However, consuming a variety of plant proteins can ensure a complete amino acid profile.

Legumes

Lentils, chickpeas, black beans, and kidney beans.

Nuts and Seeds: Almonds, peanuts, sunflower seeds, and chia seeds.

Whole grains

Quinoa, brown rice, barley, and whole wheat.

Soy products

Tofu, tempeh, edamame, and soy milk.

Vegetables

While not high in protein, some vegetables like broccoli, spinach, and brussels sprouts contain moderate amounts.

Protein Supplements

Besides eating whole foods, protein supplements can be a handy way to get your protein fix. This can be really helpful for people who need more protein or who find it tough to get enough from just their meals.

Whey protein

A complete protein, derived from milk, that contains all nine essential amino acids

Casein protein

Another milk-derived protein, digested more slowly than whey.

Pea protein

A good plant-based option, popular in vegan protein powders.

Hemp protein

Plant-based and contains essential fatty acids.



Protein rich foods

Meat

	Portion	Amount of protein
Chicken Breast	4 oz cooked	20g
Pork Loin	3 oz	22g
Turkey	3 oz roasted	25g
Beef (lean)	3 oz	24g
Lamb	3 oz	21g
Venison	3 oz	26g

Fish

	Portion	Amount of protein
Salmon	3 oz	17g
Sardines	1 can (3.7oz)	23g
Tuna	1 can	40g
Mackerel (Atlantic)	3 oz	21g
Trout	3 oz	19g
Halibut	3 oz	19g
Cod	3 oz	17g
Haddock	3 oz	17g
Anchovies	1 can (2 oz)	13g
Shrimp	3oz	19g

Eggs

	Portion	Amount of protein
Whole egg	1 large	6g
Egg whites	1 large	3.6g

Legumes

	Portion	Amount of protein
Chickpeas	1 cup cooked	15g
Pinto beans	1 cup cooked	15g
Black beans	1 cup cooked	15g
Lima beans	1 cup cooked	14g
Navy beans	1 cup cooked	15g
Edamame	1/2 cup cooked	9g
Kidney beans	1 cup cooked	15g

Lentils

	Portion	Amount of protein
Green lentils	1 cup cooked	18g
Red lentils	1 cup cooked	18g
Brown lentils	1 cup cooked	18g
Yellow lentils	1 cup cooked	18g

Fruits

	Portion	Amount of protein
Avocado	1 medium (200g)	4g
Blackberries	1 cup	2g
Apricots	1 cup	2.2g
Kiwifruit	1 cup	2.1g
Raspberries	1 cup	1.5g
Oranges	1 medium	1.7g
Peaches	1 medium	1.4g
Passion Fruit	1 cup	5.2g
Apples	1 cup	0.3g



Boost your protein intake

Don't skip breakfast

Set yourself up for success by starting your day with protein. Focus on high protein breakfast options

Protein first

Prioritize your protein before diving into starches or other items on your plate. Starting with protein ensures you eat it before feeling too full.

Snack smart

Rather than reaching for chips or sweets, stock up on healthy protein options for when you're busy—like nuts, edamame.

High protein swaps

Swap regular yogurt for Greek yogurt, white pasta for chickpea pasta, and rice for quinoa - these are just a few ways to substitute high protein options into recipes you already love.

Throughout the day

Include a source of protein in every meal to help regulate appetite throughout the day.

Meal prep

Meal prepping your meals ahead of time not only saves time, money and food waste but allows you to intentionally plan high protein meals that are grab and go throughout the week.

Supplement

Whole, lean protein sources should always be your first choice but when you are short on time or in need of a quick protein fix protein powders/supplements are a great way to hit your daily target.





HIGH PROTEIN RECIPES



HEATHER ROBERTSON



High Protein Breakfast Egg Muffin

Servings: 4 | Prep time: 10 min | Cook time: 45 min

Ingredients

- Avocado oil or olive oil 1 tbsp
- Yellow onion, diced 1 (approx. 1/2 cup)
- Red bell pepper, diced 1/2
- Baby spinach, roughly chopped 1 cup
- Eggs 10
- Cottage cheese 1/2 cup
- Unsweetened almond milk 1/4 cup
- Quinoa, cooked 1/2 cup
- Sliced ham, chopped 1/2 cup

Nutritional Info

(per serving)

Calories:
352 kcal

Protein:
25g

Fats:
19g

Carbs:
20g

Directions

- 1 Preheat your oven to 375°F (190°C), and line a 12-muffin pan with paper cases. Alternatively, brush the muffin pan with oil to prevent the muffins from sticking.
- 2 Add the oil and diced onions to a medium-sized pan and, over medium heat, cook for 4-5 minutes until they become translucent. Stir in the red pepper and cook for a further 2-3 minutes until softened. Turn off the heat, and stir in the chopped spinach to wilt, then set aside.
- 3 In a large mixing bowl, whisk together the eggs, cottage cheese, and milk until smooth. Season with salt and pepper
- 4 Add the sautéed vegetables, cooked quinoa, and diced ham to the egg mixture. Mix well to ensure even distribution of ingredients.
- 5 Carefully pour or spoon the mixture into the muffin tins/paper cases, filling each one about 3/4 of the way full. Place the muffin tin in the preheated oven and bake for 20- 25 minutes, or until the centre of the mini quiches is set, and they begin to turn golden brown on top.
- 6 Remove from the oven and let them cool for a few minutes. Carefully remove them from the paper cases, or using a butter knife or spatula, gently go around each quiche to ensure they ren't sticking to the muffin pan, and then pop them out.
- 7 Serve alone or with a green mixed salad with a balsamic vinaigrette.



Blueberry Protein Pancakes

Servings: 1 | Prep time: 5 min | Cook time: 10 min

Ingredients

- ☐ Liquid egg whites 1/4 cup
- ☐ Vanilla protein powder 1 scoop
- ☐ Banana, smashed 1/2
- ☐ Almond milk splash
- ☐ Fresh or frozen blueberries 1/4 cup (25g)
- ☐ Coconut oil 1/4 tsp

Directions

- 1 Whisk together the egg whites and protein powder
- 2 Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it
- 3 Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes)
- 4 Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes
- 5 Serve with your favorite toppings.

Tip **SERVING SIZE: YOU CAN ALSO MAKE 3 SMALL PANCAKES INSTEAD OF 1 LARGE.**

Nutritional Info

(per serving)

Calories:
257 kcal

Protein:
36g

Fats:
5g

Carbs:
18g



Chocolate Chip Smoothie Bowl

Servings: 1 | Prep time: 5 min | Cook time: 5 min

Ingredients

- ☐ Cottage cheese 1/3 cup
- ☐ Frozen cauliflower 3/4 cup
- ☐ Natural peanut butter 1 tbsp
- ☐ Unsweetened almond milk 1/2 cup
- ☐ Chocolate protein powder 1 scoop
- ☐ Cacao nibs 1 tsp
- ☐ Banana, thinly sliced 1/2
- ☐ Walnuts, crushed 1 tsp

Directions

- 1 Place the cottage cheese, frozen cauliflower, peanut butter, milk and protein powder into a high-speed blender and puree until smooth.
- 2 Transfer to a bowl and top with the cacao nibs, sliced banana and crushed walnuts. Enjoy!

Nutritional Info (per serving)

Calories:

418 kcal

Protein:

35g

Fats:

19g

Carbs:

29g



Avocado & Chicken Salad

Servings: 4 | Prep time: 10 min | Cook time: 20 min

Ingredients

- ☐ Iceberg lettuce 1/2 head
- ☐ Basil leaves, torn 12
- ☐ Avocado 1
- ☐ Lemon juice 2 tsp
- ☐ Cucumber, peeled 1/2
- ☐ Walnuts 1/4 cup (25g)
- ☐ Chicken breast 2 (around 4-5oz or 150g each)
- ☐ Olive oil 1 tbsp
- ☐ Honey 1 tbsp
- ☐ Mustard 1 tbsp

For the sauce

- ☐ Yogurt 3 tbsp
- ☐ Mayo 1 tbsp
- ☐ Garlic clove, minced 1

Directions

- 1 Shred lettuce and place into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.
- 2 Coat chicken breasts with olive oil and season with salt
- 3 Heat a dry pan and fry the chicken for 5 minutes on each side
- 4 Mix mustard and honey together
- 5 Coat the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side.
- 6 Once cooked, cool and chop into bite sized pieces
- 7 Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.
- 8 Mix together the ingredients for the garlic sauce. Season with salt and pepper.
- 9 Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.

Nutritional Info

(per serving)

Calories:
304 kcal

Protein:
31g

Fats:
20g

Carbs:
12g



Honey Garlic Salmon with Cauliflower Rice

Servings: 4 | Prep time: 10 min | Cook time: 20 min

Ingredients

<input type="checkbox"/> Honey	1/4 cup
<input type="checkbox"/> Tamari	1/4 cup
<input type="checkbox"/> Garlic cloves, minced	5
<input type="checkbox"/> Ginger, minced	1 tsp
<input type="checkbox"/> Extra virgin olive oil	1 tbsp
<input type="checkbox"/> Grass fed butter or ghee	2 tsp
<input type="checkbox"/> Salmon fillet	16 oz (454g)
<input type="checkbox"/> Cauliflower rice	4 cups

Directions

- 1 Mix the honey, tamari, garlic, ginger and oil in a medium glass container and stir well—reserve 2 tbsp of the marinade in a small glass container and set aside for later.
- 2 Place the salmon into the remaining marinade. Cover and place in the fridge for 2 hours.
- 3 Add the salmon plus its marinade to a cast iron pan (or frying pan) and, over medium-high heat, cook for 5-6 minutes each side or until fully cooked. Remove from the pan and set aside to keep warm.
- 4 Add the cauliflower rice to the same pan and, over low heat, stir well to coat with the flavours. Divide into bowls and top with the salmon. Warm the saved marinade in the pan, then pour over the salmon to serve. Add steamed broccoli for additional veggies.

Nutritional Info

(per serving)

Calories:
276 kcal

Protein:
29g

Fats:
9g

Carbs:
23g



Tofu Mushroom Bolognese & Spaghetti Squash

Servings: 4 | Prep time: 10 min | Cook time: 60 min

Ingredients

- ☐ Spaghetti squash, halved & seeds removed 2
- ☐ Tofu, crumbled 16oz (454 grams)
- ☐ Avocado or olive oil 1 tbsp
- ☐ Yellow onion, finely diced 1
- ☐ Mushrooms, chopped (portobello, shiitake, cremini) 4 cups
- ☐ Garlic cloves, minced 3
- ☐ Celery stalks, diced 2 (about 1/2 cup)
- ☐ Marinara sauce 4 cups
- ☐ Nutritional yeast 1/4 cup

Nutritional Info

(per serving)

Calories: 404 kcal	Protein: 24g	Fats: 17g	Carbs: 42g
-----------------------	-----------------	--------------	---------------

Directions

- 1 Preheat your oven to 400°F (200°C), and prepare a baking sheet with parchment paper. Drizzle the flesh side of the squash with a bit of avocado oil, salt, and pepper, then place the halves, cut side down, on the baking sheet.
 - 2 Roast in the oven for about 30-40 minutes or until the flesh is tender. While this is cooking, prepare the tofu sauce
 - 3 Remove the excess water from the tofu block and place it into a medium sized bowl. Using your hands, crumble the tofu and set aside.
 - 4 In a large skillet, heat the oil over medium heat, then add the diced onions, and sauté until they are translucent. Stir in the mushrooms and cook for 8-10 minutes, until browned. Then add the garlic, celery, and the crumbled tofu. Cook for 5-6 minutes.
 - 5 Add the marinara sauce and nutritional yeast, season with salt and black pepper, then reduce the heat to low. Simmer for 10-12 minutes.
 - 6 Using a fork, scrape out the spaghetti squash into spaghetti-like strands. Divide between bowls and top with the tofu and mushroom bolognese sauce.
- ✓ **Pro Tip: Marinara Sauce**—choose low sugar with minimal ingredients when store-bought. Alternatively, choose homemade.
- ✓ **Pro Tip: More Carbs**—replace the spaghetti squash with brown rice pasta or chickpea pasta.



Cajun Beef & Veggie Rice

Servings: 3 | Prep time: 10 min | Cook time: 25 min

Ingredients

- Coconut oil 1 Tbsp
- Carrots, large, sliced 3
- Bell Peppers, sliced 2
- Green Onions, sliced 4
- Extra Lean Ground Beef 1lb (500g)
- Cajun Seasoning 2 tsp
- Tomato Paste 1 Tbsp
- Cooked Rice 1lb (500g)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the onions. Sauté for 10 minutes until the vegetables start to soften.
- 2 Add in the ground beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.
- 3 Add the cajun seasoning and tomato paste then stir well. Add in the cooked rice along with 4 tbsp. of water.
- 4 Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.
- 5 Sprinkle with the green parts of the onions and serve.

Nutritional Info (per serving)

Calories: 503 kcal	Protein: 40g	Fats: 13g	Carbs: 48g
-----------------------	-----------------	--------------	---------------



Banana Walnut Oat Bran Muffins

Servings: 12 | Prep time: 10 min | Cook time: 30 min

Ingredients

- ☐ Oat bran 1 cup (140g)
- ☐ Brown rice flour 1 cup (157g)
- ☐ Baking powder 1 tsp
- ☐ Baking soda 1/2 tsp
- ☐ Hemp seeds 1/2 cup (65g)
- ☐ Sea salt 1/4 tsp
- ☐ Bananas, ripe, mashed 2
- ☐ Eggs 2
- ☐ Maple syrup 1/3 cup (90ml)
- ☐ Plain greek yogurt 1/2 cup (65g)
- ☐ Avocado oil 1/4 cup
- ☐ Chopped walnuts 1/2 cup (54g)
- ☐ Dark chocolate chips 1/4 cup

Directions

- 1 Preheat the oven to 375°F and line a muffin tray with muffin papers. Combine the bran, rice flour, baking powder, baking soda, hemp seeds and salt in a bowl and mix well.
 - 2 Mash the banana in a separate bowl then whisk in the eggs, maple syrup and oil. Gradually add the wet ingredients to the dry, stirring until just combined. Avoid over mixing to keep the muffins light and fluffy. Fold in the dark chocolate chips.
 - 3 Spoon the batter into muffin cups, and bake at 375°F (190°C) for 18-22 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
 - 4 Let the muffins cool in the pan for a few minutes before transferring them to a wire rack to cool completely.
- ✓ Pro Tip: Go Nut Free—use pumpkin seeds or sunflower seeds to replace the walnuts

Nutritional Info

(per serving)

Calories:

368 kcal

Protein:

21g

Fats:

4g

Carbs:

42g



Creamy Lemon Mousse

Servings: 3 | Prep time: 5 min | Cook time: 120 min

Ingredients

-  Silken or soft tofu 12oz (340g)
-  Flax seed, ground 1/3 cup
-  Plain Greek yogurt 1/2 cup
-  Vanilla extract 2 tsp
-  Lemons, zest and juice 2 (approx. 6 tbsp)

Directions

- 1 Place the soft tofu, ground flax, Greek yoghurt, vanilla extract, lemon zest and juice into a high-speed blender and blend into a smooth puree. Pour into small glasses, cover and place in the fridge for 2-3 hours to set
- 2 Once set, remove from the fridge. Add 2 optional toppings and enjoy.

Nutritional Info (per serving)

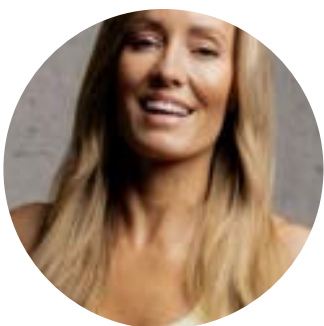
Calories: 293 kcal	Protein: 15g	Fats: 28g	Carbs: 11g
-----------------------	-----------------	--------------	---------------



Daily protein tracker

	Protein goal	Breakfast	Lunch	Dinner	Snacks	Total intake
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

YOU'RE POWERED UP! NICE WORK!



Looking to take your training even further?
Join the app and get access to new programs, workouts,
learning guides, and more!
Start your free trial today - app.heatherrobertson.com

[Start for free](#)

Facebook

[www.facebook.com/
heatherrobertsoncom](https://www.facebook.com/heatherrobertsoncom)

FB Community

[www.facebook.com/groups/
HeatherRobertsonForum](https://www.facebook.com/groups/HeatherRobertsonForum)

Instagram

[www.instagram.com/
heatherrobertsoncom](https://www.instagram.com/heatherrobertsoncom)

YouTube

[www.youtube.com/
heatherrobertsoncom](https://www.youtube.com/heatherrobertsoncom)