

YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The Protein After 50 Plan

For anyone over 50 who wants to keep muscle, strength, and independence, one meal at a time. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST HARVARD HEALTH · CLEVELAND CLINIC · MAYO CLINIC

0.8g

The RDA is only the floor

grams per kilo prevents deficiency, not muscle loss (Harvard Health)

1.0-1.2g

The real target after 50

grams per kilo to protect muscle, per expert panels (Harvard Health)

25-30g

At every meal, three a day

about what the body uses in one sitting (Cleveland Clinic)

1

Hit 25 to 30 Grams at Every Meal

Three protein-anchored meals, not one big dinner

WHY THIS WORKS

Your body can only use roughly 25 to 40 grams of protein at a sitting, so three solid meals clear the higher target older adults need far better than loading it all onto dinner.

DO THIS

A palm of meat or fish, a cup of Greek yogurt, or a cup of beans. Each lands you in range without any math.

☐ Protein at breakfast ☐ Protein at lunch ☐ Protein at dinner

CLEVELAND CLINIC · MAYO CLINIC

2

Rebuild Breakfast Around Protein

The easiest 25 grams most people skip

WHY THIS WORKS

Most people back-load protein to dinner and eat almost none in the morning. Moving protein to breakfast also curbs hunger and cravings through the day.

DO THIS

Three eggs, a bowl of Greek yogurt, or cottage cheese turns the weakest meal into one of the strongest.

☐ Eggs or egg whites ☐ Greek yogurt or cottage cheese ☐ 25 grams before noon

CLEVELAND CLINIC



Lift Something Twice a Week

Protein only protects muscle you actually use

WHY THIS WORKS

Protein supplies the raw material, but muscle rebuilds only when it is challenged. Two short resistance sessions a week give the extra protein a reason to build.

DO THIS

*Bands, dumbbells, or bodyweight all count.
Two sessions beats zero every time.*

☐ Session 1 scheduled ☐ Session 2 scheduled ☐ Progress the load over time

HARVARD HEALTH · NATIONAL INSTITUTE ON AGING

THE EVIDENCE, AT A GLANCE

WHAT THE EVIDENCE SUPPORTS

- ✓ The 0.8 g/kg RDA is a minimum to prevent deficiency, not an optimum.
- ✓ Expert panels put older adults nearer 1.0 to 1.2 g/kg to preserve muscle.
- ✓ Spreading protein across meals beats loading it into one.
- ✓ Whole foods can meet the target without any powder.

WHAT IT DOES NOT MEAN

- ✗ More is not unlimited: over about 40 g in one sitting adds no benefit.
- ✗ Protein alone does not build muscle without resistance training.
- ✗ Protein powder is an optional convenience, not a requirement.
- ✗ If you have kidney disease, ask your doctor before raising protein.

FULL SOURCES

Harvard Health, "Are you eating enough protein?", "Eating enough daily protein may delay disability", and "A guide to combatting sarcopenia" (2024 to 2025). Cleveland Clinic, "How Much Protein Do You Need?" (2024). Mayo Clinic, "Are you getting enough protein?" (2024).

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You received this because you asked for the plan from "The Protein Mistake Quietly Costing You Muscle After 50." The Ageless Brief arrives weekly: one study, translated, no hype.

This plan is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider before making changes to your diet, exercise, or health routine.