

The No-Cook Protein Plan

For anyone told to eat more protein who does not want to cook all day. 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 PUBLISHING · CLEVELAND CLINIC

1

Many older adults fall short

Harvard Health cites a study of nearly 12,000 adults 51 and older in which about 46 percent did not meet the daily protein recommendation. (Harvard Health)

2

Spread it across the day

Cleveland Clinic notes the body prefers a consistent amount of protein at each meal rather than one large load. (Cleveland Clinic)

3

Whey rates well for muscle

Harvard reports whey appears particularly effective for building muscle in older adults, more than plant or casein. (Harvard Health)

1. Set your target and spread it

A good source at each meal beats one big protein dinner.

WHY THIS WORKS

Cleveland Clinic puts the average adult around 0.8 to 1.0 grams per kilogram of body weight and advises a consistent amount across the day. Harvard adds that spreading protein, with a good source at each meal, is how experts recommend meeting the target, and that active people building muscle need more.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Estimate your target at about 0.8 to 1.0 g per kg
- ☐ Aim for a protein source at each meal
- ☐ Do not stack it all at dinner
- ☐ Ask a dietitian if you want a precise number

2. Build no-cook proteins into each meal

Most of a day's protein needs no stove.

WHY THIS WORKS

Cleveland Clinic lists complete proteins such as whey, lean meat, egg whites, and soy, plus legumes, nuts, seeds, and tofu. Batch-boiled eggs, Greek yogurt, cottage cheese, milk, and canned fish are high-protein staples that need no cooking and stack into meals you already eat.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Boil a batch of eggs for the week
- ☐ Keep Greek yogurt and cottage cheese on hand
- ☐ Stock canned tuna, salmon, or sardines
- ☐ Add edamame, nuts, or cheese as easy boosts

3. Close the gap with one clean shake

A powder is for the gap, not the meal.

WHY THIS WORKS

Harvard notes some older adults who cannot get enough protein from food alone may benefit from a supplement, and that powders are convenient in oatmeal, a smoothie, or water. Because powders are loosely regulated and sugar varies, choose a single-source whey with third-party testing and low added sugar.

DO THIS WEEK

- ☐ Use a shake only to close the day's gap
- ☐ Pick a single-source whey isolate
- ☐ Look for NSF Certified for Sport
- ☐ Check the label for added sugar

4. Do not overshoot

More is not automatically better.

WHY THIS WORKS

Harvard notes that very high protein intakes can aggravate kidney problems for people with a pre-existing kidney condition, and can contribute to dehydration. Aim for your target, pair protein with resistance training for the best muscle result, and set your number with a doctor if you have a kidney concern.

SOURCE: HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Aim for your target, not far beyond it
- ☐ Pair protein with resistance training
- ☐ Drink enough water
- ☐ Set your target with a doctor if you have kidney concerns

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Harvard Health Publishing, Muscle loss and protein needs in older adults · <https://www.health.harvard.edu/healthy-aging-and-longevity/muscle-loss-and-protein-needs-in-older-adults>

Cleveland Clinic, 6 Tips to Get More Protein in Your Diet · <https://health.clevelandclinic.org/7-tips-to-power-up-with-protein>

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