

THE COACH'S PLAN

The Breakfast Protein Plan

For adults who want their morning meal to actually help maintain muscle, not just fill them up.

1.2 g/kg

Daily target

What older adults may need per day

46%

Fall short

Of adults 51 and older, on protein

Every meal

Spread it out

A good protein source at each

Muscle is maintained by eating enough protein and spreading it across the day, with a good source at every meal. Breakfast is usually the lightest protein meal, so it does the least to protect the muscle you are trying to keep. The fix is simple: build the morning around a protein instead of a carb.

What the evidence actually says

- 1 Research suggests older adults need about 1.2 grams of protein per kilogram of body weight daily (Harvard Health).
- 2 About 46 percent of adults 51 and older do not meet daily protein recommendations (Harvard Health).
- 3 Experts recommend spreading protein across the day, with a good source at each meal (Harvard Health).
- 4 Without strength training, adults can lose 4 to 6 pounds of muscle per decade (Harvard Health).
- 5 Protein paired with resistance exercise builds the most muscle in older adults (Harvard Health).

Your 3-step plan

1 Step 1: Build Breakfast Around a Protein

Start the plate with eggs, Greek yogurt, or cottage cheese instead of toast or cereal alone. A real serving of protein at breakfast helps the meal count toward maintaining muscle.

2 Step 2: Aim for a Good Source at Every Meal

Spread protein evenly across the day rather than loading it all at dinner. Harvard Health recommends a good protein source at each meal to help you reach your daily total.

3 Step 3: Pair Protein With Strength Training

Food alone is only half the equation. Harvard Health notes that protein combined with regular resistance exercise builds the most muscle and strength in older adults.

The safety line

This guide is educational and is not medical advice. Very high protein intakes can strain the kidneys of people with kidney disease. If you have a kidney condition, talk with your doctor before raising your protein.

Read the full article: <https://www.agelesscoach.com/articles/why-your-breakfast-protein-is-too-low-to-count>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.