

The Per-Meal Protein Food Plan

Four steps. Two numbers. One of them is per meal.

20-35GRAMS OF PROTEIN
AT EVERY MEAL

1 Work Out Both Numbers, Not Just the Daily One

The daily total hides the number that matters

- ☐ **Daily:** weight in pounds divided by 2.205, times 1.2, gives your grams.
- ☐ **Per meal:** aim for 20 to 35 grams at each meal for muscle loss.
- ☐ **Range:** 1.2 to 1.6 grams per kilogram is the common starting point.
- ☐ **Or think in calories:** roughly 10 to 35 percent of your daily intake.

2 Rebuild Breakfast Around a Protein First

Breakfast is where the per-meal target dies

- ☐ **Start** the plate with the protein, then build the rest around it.
- ☐ **Complete proteins:** dairy, lean meat, fish, poultry, egg whites, soy.
- ☐ **Soy counts:** tofu, edamame, tempeh and miso all qualify.
- ☐ **Prep ahead:** batch chicken, boil eggs, cook grains on one day.

3 Add Resistance Training, Because Protein Is Half

Protein without load cannot do the job alone

- ☐ **Pair** higher protein with resistance training, the way the guidance does.
- ☐ **Together** they can slow and in some cases reverse muscle loss.
- ☐ **Know the clock:** muscle starts declining in your 30s or 40s.
- ☐ **Decline** can reach 8 percent of muscle mass per decade.

Ask your provider before raising protein if you have kidney disease; the guidance may be to keep intake on the lower end.

4 Close the Gap With Protein-Forward Snacks

A snack is the cheapest 10 grams you will find

- ☐ **Cottage cheese** with fruit, or Greek yogurt with berries.
- ☐ **A hard-boiled egg**, unsalted nuts, or dry-roasted edamame.
- ☐ **Peanut butter** on celery keeps it simple and portable.
- ☐ **Aim** for roughly 150 to 170 calories per snack.

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