AgelessCoach™
AGE STRONG. LIVE LONG.

The Protein Plan

Four steps, every box checkable. Count the plate before you buy the tub.

CHECKED AGAINST TIER 1 GUIDANCE — HARVARD T.H. CHAN · NIH MEDLINEPLUS · NIH ODS

1 ADD UP THE PROTEIN YOU ALREADY EAT IN A DAY

- ☐ **Count ounces, not scoops.** Most protein foods run about 7 g an ounce.
- ☐ **Three meals, one honest day.** Write it down before you judge it.
- ☐ Breakfast _____ · Lunch _____ · Dinner _____

2 FILL THE GAP WITH COMPLETE PROTEIN FOODS FIRST

- ☐ **Animal sources:** fish, poultry, lean meat, eggs, low-fat dairy.
- ☐ **Plant sources:** soy, beans, lentils, nut butters, quinoa, wheat germ.
- ☐ **Balance over the day beats pairing at one meal.** No food combining needed.

3 DECIDE IF A COLLAGEN SCOOP EARNS ITS PLACE

- ☐ **Ask what it adds.** Mostly glycine and proline, which your body already makes.
- ☐ **Ask who paid.** Most collagen trials are funded by the industry that sells it.
- ☐ **Ask what it replaces.** If the answer is a meal, that is the wrong trade.

4 IF YOU ADD ONE, ADD IT ON TOP, NOT INSTEAD

- ☐ **Target met first,** then a scoop as an extra, never as the source.
- ☐ **Vitamin C helps** the body build its own collagen. Many tubs include it.
- ☐ **Sleep, sunscreen and not smoking** protect collagen more reliably than a tub.

BUY IN THIS ORDER

Food at meals	**FIRST**
Complete protein powder	**IF SHORT**
Collagen scoop	**ADD-ON**
Collagen as your protein	**NO**
Skipping the meal for a tub	**NO**

TOO MUCH LOOKS LIKE

A cupboard of tubs and a day that still lands under target. Count the ounces on the plate before the next tub.

BEYOND THE TUB · YOUR NUMBERS, YOUR FOOD, YOUR WHY

YOUR DAILY PROTEIN RANGE *- circle your row*

DAILY CALORIES	10% OF CALORIES	35% OF CALORIES
1,600	40 g	140 g
1,800	45 g	158 g
2,000	50 g	175 g
2,200	55 g	193 g
2,400	60 g	210 g

MedlinePlus puts protein at 10 to 35 percent of total daily calories for healthy adults, and one gram of protein supplies four calories. The range is wide on purpose.

ONE OUNCE IS SEVEN GRAMS *- count the ounces, not the scoops*

Fish, poultry or turkey	1 oz	**7 g**
Lean beef or pork	1 oz	**7 g**
Large egg	1 egg	**7 g**
Tofu	1/4 cup	**7 g**
Cooked beans or lentils	1/2 cup	**7 g**
Whole grains	per serving	**more than refined**

MedlinePlus puts most protein-rich foods at about seven grams an ounce. Low-fat dairy adds more on top.

WHAT PROTEIN IS DOING ALL DAY *- why the plate comes first*

- ✓ Repairing body tissue
- ✓ Making new cells
- ✓ Growth and development
- ✓ Breaking down food
- ✓ Building the body's own collagen
- ✓ A source of energy when needed

Collagen is the most abundant protein in the body, and the body builds it from the protein you eat. Harvard T.H. Chan Nutrition Source.