

## *Your Daily Protein Cheat Sheet*

Ensuring adequate daily protein (100-120g) helps support and maintain muscle strength, hormone balance, energy, and healthy aging - all crucial during perimenopause and menopause. Use these charts to help reach your limit daily.

| Animal Sources                  | Plant Based Sources        | Vegetables and Other Sources |
|---------------------------------|----------------------------|------------------------------|
| 4oz Chicken breast 35g          | ½ cup Lentils 9g           | 1 cup Green peas 8g          |
| 4oz Turkey breast 32g           | ½ cup Chickpeas 7g         | 1 cup Broccoli 5g            |
| 4oz Salmon 25g                  | ½ cup Black beans 8g       | 1 cup Spinach 5g             |
| 1 can Tuna (in water) 30g       | 1 cup shelled Edamame 18g  | 1 cup Brussels sprouts 4g    |
| 4 oz (10-12 medium) Shrimp 24g  | ½ cup Tofu 20g             | 1 cup Asparagus 4g           |
| 1 can Sardines 23g              | ½ cup cooked Mung beans 7g | 1 large red Potato 7g        |
| 4 oz Lean Ground Beef 28g       | ½ cup Tempeh 15g           | 1 large Sweet potato cup 5g  |
| 4oz Pork tenderloin 23g         | 1 cup Quinoa 8g            | 1 cup cooked mushrooms 4g    |
| 2 eggs 12g                      | 3 Tbsp Hemp hearts 10g     | 1 cup Snow peas 5g           |
| ⅓ cup (around 3) Egg whites 11g | ¼ cup Pumpkin seeds 10g    | ½ cup dry Oats 6g            |
| ¾ cup plain Greek yogurt 2% 17g | 2 Tbsp Peanut butter 8g    | 1 cup cooked Brown rice 5g   |
| ½ cup Cottage Cheese 2% 14g     | 2 Tbsp Almond butter 6.8g  | 1 cup Almond milk 2g         |

- Aim for 25-35g of protein per main meal and 10-20g in snacks.
- Combine plant based proteins (grains and legumes) for complete amino acid.
- Prep in advance - cook extra protein sources to make week days meals effortless.
- Add one protein shake per day if you are falling short and feeling hungry (adds 20-25g per scoop).
- Remember adequate protein supports hormone balance, lean muscle maintenance and sustained energy during menopause.
- Sufficient protein will keep you feeling full and less likely to grab quick and unhealthy meals/snacks.