



THE NINETY DAYS · PROTEIN

30 GRAMS AT EVERY MEAL

Start with 30 grams at your first meal. To reach the full target, most people need 40 to 60 grams at each of three meals, or 30 to 45 at each of four. Figures are approximate, cooked weights; check your labels.

YOUR DAILY TARGET

About 0.85 grams a day for every pound you weigh. If you are carrying substantial extra fat, use a realistic target weight instead.

150 lb

about 130 g

Body or target weight · daily grams

180 lb

about 155 g

210 lb

about 180 g

MEAT AND FISH

Chicken breast	4 oz	35 g
Lean beef, sirloin	4 oz	32 g
Ground turkey, 93% lean	4 oz	28 g
Shrimp	4 oz	26 g
Salmon	4 oz	25 g
Tuna, drained	1 can (5 oz)	25 g
Sardines	1 can (3.75 oz)	22 g

PLANT PROTEIN

Tempeh	4 oz	21 g
Extra-firm tofu	half block (7 oz)	20 g
Lentils, cooked	1 cup	18 g
Edamame, shelled	1 cup	18 g
Black beans, cooked	1 cup	15 g
Chickpeas, cooked	1 cup	15 g
Hemp seeds	3 tbsp	10 g

EGGS AND DAIRY

Cottage cheese, low-fat	1 cup	28 g
Egg whites	1 cup	26 g
Greek yogurt, plain	1 cup	23 g
Parmesan	1 oz	10 g
Milk	1 cup	8 g
Cheddar	1 oz	7 g
Eggs, large	1 egg	6 g

QUICK ADD-ONS

Protein powder	1 scoop	20 to 25 g
Jerky, beef or turkey	1 oz	10 g
Peanut butter	2 tbsp	7 g
Almonds	1 oz	6 g

MEALS THAT GET YOU THERE

Breakfast

3 eggs and a cup of Greek yogurt
about 40 g

A cup of cottage cheese, berries, 3 tbsp
hemp seeds
about 38 g

A protein shake made with milk
about 30 g

Lunch

Salad with 4 oz chicken and 1 oz parmesan
about 45 g

A can of tuna on greens with half a cup of
chickpeas
about 32 g

A bowl of lentil soup with 1 oz cheese
about 30 g

Dinner

5 oz salmon with a cup of edamame
about 49 g

4 oz sirloin with vegetables
about 32 g

Tofu stir-fry: half a block of tofu and a cup of
edamame
about 38 g

MAKE IT EASY

- Keep eggs, Greek yogurt, canned fish and protein powder in the house, so the first meal is never a decision.
- Cook protein in batches twice a week: a tray of chicken, a pot of lentils, a dozen hard-boiled eggs.
- Eating out, order the protein first and build the meal around it.
- Write down the grams for two full days, once. Most people find they eat less protein than they assumed.