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Easy Protein Planner and Food Checklist



Easy protein foods, ideas for a small appetite, and a weekly tracker. Bring it to your provider or dietitian to set your own goal.

Protein foods checklist

Food	Protein (grams)	I like it
3 oz tuna, salmon, haddock or trout	21	☐
3 oz cooked turkey or chicken	19	☐
6 oz plain Greek yogurt	17	☐
½ cup cottage cheese	14	☐
½ cup cooked beans	8	☐
1 cup milk	8	☐
1 cup cooked pasta	8	☐
¼ cup (1 oz) nuts	7	☐
1 egg	6	☐

Gram counts: USDA National Nutrient Database, as listed by Harvard Health Publishing: How much protein do you need every day?.

Small-appetite ideas

- Eat the protein part of your meal first.
- Choose small, frequent portions: a yogurt, an egg, a cheese stick.
- Try soft or cold options on low-appetite days, like cottage cheese or Greek yogurt.
- Mix plant proteins in too: beans, lentils, tofu and nuts.
- Ask a registered dietitian whether a protein shake makes sense for you.

My protein goal (from my provider): _____ g a day

For reference, the RDA minimum is 0.36 g per pound of body weight (Harvard Health Publishing: How much protein do you need every day?). My weight ____ lb × 0.36 = ____ g minimum.

My 7-day protein tracker

Day	Breakfast	Lunch	Dinner	Snacks	Total g
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Tip: you do not need to be perfect. Look for one meal a day where you can add a little protein.



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Please read: This guide is general education, not medical advice. Lift Garden is not a medical provider. Talk to your healthcare provider before starting a new exercise or eating plan, especially while taking a GLP-1 medication, and stop any movement that causes pain, dizziness or shortness of breath. Sources: Physical Activity Guidelines for Americans, 2nd ed. (U.S. HHS); Harvard Health Publishing: How much protein do you need every day?. More free guides at liftgarden.com/free