



# Protein Cheat Sheet

The Cornerstone of Fat Loss & Muscle Growth  
Balanced Body Blueprint

## ■ The Power of Protein

Protein is the single most important nutritional habit for improving body composition. It supports muscle growth, fat loss, recovery, and long-term consistency.

Benefit	How It Works	Why It Matters
Muscle Repair & Growth	Amino acids repair training-induced muscle damage	Builds strength and lean muscle
Increased Satiety	Slower digestion + hunger hormone control	Reduces cravings and overeating
Higher Thermic Effect	Requires more energy to digest	Slightly boosts calorie burn
Preserves Lean Mass	Signals body to burn fat instead of muscle	Ensures fat loss, not muscle loss
Structural & Immune Support	Forms enzymes, hormones, antibodies	Supports recovery and health

## Never Run Out of High■Protein Meal Ideas

### Meats & Poultry

Food	Serving (Protein)	Notes
Chicken Breast	4 oz (30–35g)	Very lean, versatile
Turkey / Lean Beef	4 oz (28–32g)	Iron & B vitamins
Pork Tenderloin	4 oz (25–28g)	Lean pork option

### Fish & Seafood

Food	Serving (Protein)	Notes
Salmon	4 oz (25–30g)	Omega■3 rich
Tuna (canned)	1 can (25–30g)	Fast & affordable
Shrimp	4 oz (20–25g)	Low calorie

### Dairy, Eggs & Supplements

Food	Serving (Protein)	Notes
Eggs	1 large (6g)	Breakfast staple
Greek Yogurt	1 cup (20–25g)	High protein, versatile
Cottage Cheese	½ cup (14–16g)	Slow-digesting
Protein Powder	1 scoop (20–30g)	Most concentrated source

### Plant■Based Options

Food	Serving (Protein)	Notes
Lentils / Beans	1 cup (15–18g)	High fiber
Tofu / Tempeh	½ cup (10–18g)	Absorbs flavor well
Edamame	1 cup (17g)	Easy snack

## How to Apply the Protein Principle

- Aim for **25–35g protein** at each main meal
- Build meals starting with protein first
- Use snacks to boost protein, not empty calories

■ **Coach's Tip:** If fat loss or muscle gain stalls, protein intake is the first variable to check before cutting calories or adding cardio.

## Ready for Coaching?

Personalized coaching removes guesswork and ensures you're eating for your goals.

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