

PROTEIN CHEAT SHEET + MEAL IDEAS



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INTRODUCTION

Thank you for downloading this protein cheat sheet. You will find protein-rich foods and tips on how to add more protein to your diet.

You also get a bonus module of recipe ideas to build your healthy meals.



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PROTEIN SOURCES

**POULTRY:
CHICKEN, TURKEY,
DUCK**

**DELI MEATS,
SAUSAGE**

**BEEF, BISON,
BUFFALO**

**EGGS,
EGG WHITES**

LAMB

COTTAGE CHEESE

LEAN CUTS OF PORK

GREEK YOGURT

WILD GAME

**BEANS, LENTILS,
LEGUMES, CHICKPEAS**

**FISH:
TUNA, SALMON,
TILAPIA, MAHI-MAHI**

**TOFU, TEMPEH,
EDAMAME**

**SEAFOOD
SHRIMP, SCALLOPS,
LOBSTER, MUSSELS**

PROTEIN POWDERS



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HOW TO EAT MORE PROTEIN?

Even though protein deficiency is not popular in modern society, most people don't eat enough protein.

When you try to lose weight or build muscle, eating enough protein is essential to reach your goals.

Protein also helps you recover, perform better, and increases satiety.



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5 TIPS TO EAT MORE PROTEIN

1. Include protein-rich food at every meal, including snacks

2. Make a grocery list with high-quality protein sources. Make time to shop and stock on them.

2. Plan and prepare your meals ahead. Be ready for busy days.

4. Have convenient protein-rich foods. Make healthy options easy.

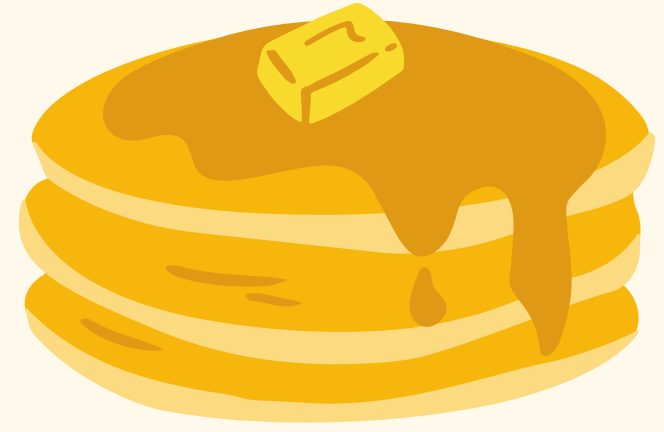
5. As needed, add protein supplements (powder, bars).



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HIGH-PROTEIN BREAKFAST AND SNACK IDEAS



OATMEAL WITH EGG WHITES

OATMEAL WITH PROTEIN POWDER

OVERNIGHT OATS

PROTEIN SHAKE

SMOOTHIE

SMOOTHIE BOWL

*add your favorite toppings for
better satiety and satisfaction

RICOTTA CHEESE TOAST

COTTAGE CHEESE RICE CAKES

PANCAKES WITH GREEK YOGURT

GREEK YOGURT AND BERRIES

EGGS ANY STYLE

BREAKFAST BURRITTO

BREAKFAST TACOS

BREAKFAST WRAP

OATMEAL PROTEIN BARS

OATMEAL PROTEIN MUFFINS

OVERNIGHT OATS

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HIGH-PROTEIN LUNCH AND DINNER IDEAS



QUINOA BOWL

BUDDHA BOWL

TACO BOWL

SALAD WITH CHICKEN/ STEAK/
FISH/ SEAFOOD/ TOFU

EGG-SALAD SANDWICH

TUNA SALAD SUB

BONE BROTH SOUP

BURGER

CHICKEN/ STEAK/ FISH/ SEAFOOD/
TOFU WITH VEGGIES

CHICKEN/ STEAK/ FISH/ SEAFOOD/
TOFU WITH RICE

STIR-FRY

STEW

VEGGIE-HUMMUS WRAP

RICOTTA-FILLED RAVIOLLI

CHICKEN/ STEAK/ FISH/ SEAFOOD/
TOFU WITH PASTA

PLANT-BASED PASTA SALAD

PLANT-BASED PASTA WITH SAUCE

*add slow-digesting carbs, healthy
fats, and veggies to your meals

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