

Protein across the day

Identify practical protein sources and distribute them across meals.

01 / Understand the starting point

List protein sources you enjoy before choosing supplements. Eggs, fish, meat, dairy, tofu, beans and lentils offer different flavors, costs and preparation needs.

02 / Make the useful distinction

A protein target belongs within the full eating pattern. Include carbohydrate, fats and produce as well. A published review found a plateau around 1.6 g/kg/day on average for resistance-training gains, with individual variation.

03 / Put it into practice

Use recipe amounts and food labels to estimate the protein in a serving. Doubling a batch does not automatically double a personal serving; check the number of portions.

04 / Review and adapt

Use convenient repeatable meals and add variety over the week. If a medical condition affects protein recommendations, a qualified clinician or dietitian should individualize the target.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Breakfast: yogurt or fortified soy option; lunch: bean and grain bowl; dinner: fish or tofu with vegetables and potatoes. Compare actual portions rather than assuming all alternatives have equal protein.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Meal	Protein source	Serving amount	Estimated protein	Convenience alternative

Evidence and original clinical reading

<https://pubmed.ncbi.nlm.nih.gov/28698222/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.