

The Midlife Protein Cheat Sheet

**How to hit 30g of protein per meal
to support muscle, energy, and fat loss**

For women 45+



The Midlife Protein Cheat Sheet

How to hit 30 grams of protein-density to support muscle, improve energy, and make fat loss easier.

Most women over 45 aren't eating too many calories.

They're eating too little protein.

The result?

- More hunger
- More cravings
- Less muscle
- Slower metabolism
- More belly fat

The simple fix: Aim for 30g of protein at your main meals.

But not all protein is created equal. If your goal is fat loss, you want the most "bang for your buck"—foods high in protein but lower in calories.

Use the **10:1 Protein Ratio Rule**: For every 10 calories you consume, aim for at least 1 gram of protein.

The closer a food is to this ratio, the more protein-dense it is.

3 Protein Mistakes Midlife Women Make

Mistake #1: Starting the day with carbs instead of protein

Toast, cereal, rusks, muffins, and fruit may seem like a healthy breakfast, but they often contain less than 10g of protein. This can lead to hunger, cravings, and energy dips later in the day.

Do this instead: Aim for 25-30g of protein at breakfast.

Mistake #2: Saving most of your protein for dinner

Many women eat little protein at breakfast and lunch, then have a large serving of meat at dinner. Your body benefits more when protein is spread across the day.

Do this instead: Build protein into every main meal.

Mistake #3: Guessing instead of counting

Most women think they're eating enough protein.

Until they add it up.

What feels like a high-protein day is often only 40-60g.

Do this instead: Use this cheat sheet to build meals that consistently hit your target.

The Midlife Protein Rule

Aim for 30g of protein at each main meal.

That's the simplest way to support muscle, steady energy, appetite control, and healthy ageing.

This version increases perceived value, positions you as the expert, and naturally leads into the rest of the cheat sheet.

Animal-Based Protein Targets

The following portions are precisely calibrated to hit your ~30g metabolic threshold:

- Chicken Breast (Skinless): 135g raw // 100g cooked = ~30g P
- Chicken Thighs (Skinless/Boneless): 160g raw // 120g cooked = ~31g P
- Lean Beef / Steak: 150g cooked = ~31g P
- Biltong (Lean Beef): 60g (roughly 2 ounces) = ~32g P
- Fish (White fish like Cod or Hake): 150g cooked = ~30g P
- Salmon / Tuna: 130g (or 1 standard can of tuna in brine) = ~31.5g P
- Egg Whites: 1 cup (250ml) = ~26g P
- Whole Eggs + Whites Combo: 3 whole eggs + 1/2 cup egg whites = ~31g P
- Double-Cream Protein Yogurt: 1.5 cups = ~32g P
- Cottage Cheese (Low Fat): 1 cup (250g) = ~28g P
- Whey / Plant Protein Powder: 1.5 scoops (depending on brand) = ~30g P

Quick Midlife Rule

If your meal contains:

- A palm-sized serving of meat, chicken or fish
- 1.5 cups protein yogurt
- Or 1.5 scoops protein powder

You're probably close to 30g protein.

Vegetarian Protein Targets

Most plant proteins contain less protein per serving than animal foods, so combining foods can help you reach your 30g target.

- Lentils: 1 cup cooked = ~18g P
- Tofu (Firm): 170g = ~17g P
- Chickpeas or Black Beans: 1 cup cooked = ~14g P
- Edamame (Shelled): 1 cup = ~16g P
- Hemp Seeds / Chia Seeds: 3 tablespoons = ~10g P

Smart Plant-Based Combos to Hit 30g:

- The Lunch Bowl: 1 cup lentils mixed with 1/2 cup cooked quinoa and a handful of pumpkin seeds.
- The Quick Scramble: 150g firm tofu scrambled with nutritional yeast and spinach, served on high-fiber seed crackers.

Protein Foods That Need Bigger Portions

Best Choices for Fat Loss (High Protein, Lower Calories)

Skinless chicken breast, egg whites, white fish, shrimp, non-fat or low-fat protein yogurt, low-fat cottage cheese, and clean whey protein powder. These keep your calories low while feeding your muscles perfectly.

Nuts, nut butters, full-fat cheese, seeds and fatty cuts of meat can absolutely fit into a healthy diet.

The reason they don't appear on the "30g list" is simple: They contain more calories and less protein per serving. You'll need much larger portions to reach 30g protein.

STEP UP: READY FOR YOUR FULL WEEKLY BLUEPRINT?

Protein is one piece of the puzzle.

But protein alone won't fix:

- Midlife bloating
- Belly fat
- Energy crashes
- Cortisol-driven cravings

That's why I created the Midlife Science Pivot™.

A **simple 7-day system** that helps women over 45 reduce bloating, regain energy and feel comfortable in their bodies again.

**[CLICK HERE TO UNLOCK THE 7-DAY MIDLIFE BODY
RESET FOR JUST R249](#)**