



TARA THORNE HEALTH

# GUIDE TO EATING MORE PROTEIN







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### GUIDE TO EATING MORE PROTEIN

The truth is, you're likely not eating nearly enough protein. I see this in my clients *all* the time. You may think you're eating plenty of protein but I challenge you to start tracking and see what you're hitting. If you're not hitting 100 grams per day, you're not eating enough, (unless you weigh less than 100 lbs). Why should we care about how much protein we're eating on a daily basis?

#### WHY EATING MORE PROTEIN IS SO IMPORTANT

When you start to eat ample protein these are the types of things you may notice:

- Improved mood
- No more anxiety
- Better sleep
- Better stress tolerance
- No more PMS
- No more sweet cravings
- Potentially weight loss (if needed)
- Muscle gain (this becomes vitally important as we age as muscle is metabolically active and a tissue of longevity)

#### HOW MUCH PROTEIN SHOULD YOU BE EATING?

In a perfect world you would be eating 1 gram of protein per pound of your ideal body weight. This can be hard for some so I suggest you start by focusing on consuming 100 grams of protein per day at least. When I tell my clients this they often ask “*how can I get that much protein into my diet?*” and that's exactly why I put this guide together for you.



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### SOURCES OF PROTEIN

Here's a quick cheat sheet showing you the average protein in common protein sources and so you can start to get an idea of how much protein you're consuming.

- **Salmon:** 20 grams of protein in 100 grams
- **Smoked salmon:** 15 grams of protein in 3 ounces
- **Halibut:** 23 grams of protein in 100 grams
- **Steak:** 25 grams of protein in 100 grams
- **Ground beef:** 14 grams of protein in 100 grams
- **Ground turkey:** 27 grams of protein in 100 grams
- **Turkey breast:** 29 grams of protein in 100 grams
- **Chicken breast:** 31 grams of protein in 100 grams
- **Pork chop:** 24 grams of protein in 100 grams
- **Organ meats:** 6.8 grams ounce of protein in 1 ounce
- **Eggs:** 6 grams or protein per egg
- **Protein powder.** [THIS](#) is the one I recommend and it gives you 20 grams of protein in one scoop (use my code for 15% off your first order: TARA).
- **Collage peptides,** such as [THIS](#) one, which gives you 18 grams of protein in 2 scoops.
- **Tempeh:** 17 grams of protein per 1/2 cup
- **Hemp seeds:** 9.5 grams of protein per tablespoon





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#### BREAKFAST IDEAS

I always suggest you aim for a big whack of protein first thing in the morning for breakfast to start your day off right otherwise it can be hard to catch up in the day to make your total protein goal. Research actually shows that your first meal of the day should be the one with the most protein. Aim for a *minimum* of 35 - 50 g of protein at breakfast. Here are some high-protein breakfast ideas. If you add a beverage on the side that has 1 scoop of collagen peptides in it you can add another 9 grams of protein per meal.

1. **Steak or salmon or “clean” sausage and veg** - Yes! Dinner for breakfast is always a good idea.
2. **Eggs and veg / omelette / boiled eggs and side of raw veggie sticks** - but remember, there’s only 6 grams of protein in an egg so you would need to eat at least 4 to get a substantial amount of protein in your breakfast. You could add some chicken or sausage to your omelettes to increase protein.
3. **Salmon, chicken, or beef patties** with a side of berries or veggies.
4. **Protein shake** with 2 scoops of the [Equip Foods protein](#), which equals 40 grams of protein. You can add in a scoop of collagen peptides so now you’re over 50 grams of protein in your smoothie. I also like [Paleo Valley Bone Broth protein powder](#).
5. **Black bean burrito on GF tortilla**. Use 3 eggs and 1/4 cup of black beans - this ends up being 23 grams of protein.



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6. **Avocado GF toast with 1 egg and some smoked salmon.** This can equal about 30 grams of protein when you use 3 ounces of smoked salmon.
7. **Greek yoghurt bowl with hemp seeds.** I'm not a huge dairy fan, but if you can do a bit of dairy without any inflammatory symptoms or indigestion then the odd greek yoghurt bowl may be OK for you. It also makes a nice change to the more heavier animal meat meals. There's about 20 grams of protein in 1 cup of plain Greek yoghurt. Add 1 TBS of hemp seeds and you're up to 30 grams of protein. Add 1/4 cup crushed peanuts for an additional 9.5 grams of protein.
8. **Huevos rancheros** - 1/4 C black beans, 2 eggs, two rashers of bacon on the side and you'll consume at least 27 grams of protein in this breakfast.
9. **Egg muffins with turkey sausage** - mix 4 eggs with 3 ounces of turkey sausage. Packs about 40 grams of protein into one of these egg muffins.
10. **Tempeh and black beans with egg** - 1/2 cup of tempeh with 1/4 black beans and one egg will give you 37 grams of protein.