

Budget-Friendly Protein Hacks

High protein. Low cost. No pricey shakes.



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WHY THIS GUIDE EXISTS

Shakes work. Your wallet doesn't.

On a GLP-1, your appetite drops — and protein often drops with it. That matters, because protein helps protect muscle while you lose weight.

The shake math

Ready-to-drink shakes run about **\$2–\$3.50 each**. Two a day adds up to roughly **\$120–\$210 a month**. Most of the foods in this guide deliver the same protein for a **fraction of that**.

SPEND LESS

Many whole foods give you 20g of protein for under \$1.

PROTECT MUSCLE

Steady protein helps your body hold on to lean muscle.

STAY FULL

Real food keeps you satisfied longer than a drink.

How to use this guide

- 1 Find your number.** Page 4 gives you a simple daily target.
- 2 Shop the price ladder.** Page 6 ranks protein by cost.
- 3 Use the hacks.** 16 money-saving moves, pages 8–11.
- 4 Prep once, eat all week.** Plans, recipes, and a grocery list.

STEP 1

Find your protein number

A simple starting point many people use. Your prescriber can fine-tune it for you.

THE QUICK FORMULA

$$\text{Goal weight (lbs)} \times 0.6$$

= grams of protein per day

EXAMPLE

Goal weight: **170 lbs**

$170 \times 0.6 =$ **about 100g a day**

Split across 4 eating times = **25g each**

MY NUMBERS

Goal weight: _____ lbs

$\times 0.6 =$ _____ g / day

$\div 4 =$ _____ g per meal

Why spread it out?

- Small appetite? **25–30g per meal** is easier than one huge plate.
- Your body uses protein better in steady doses through the day.
- A protein-rich snack fills the gap when meals are small.

Note: If you have kidney disease or other medical conditions, ask your doctor before raising your protein intake.

QUICK REFERENCE

Protein in common foods

Use this to build meals and check your daily total.

Animal protein		Plant protein	
Chicken breast, 3 oz cooked	26g	TVP, ¼ cup dry	12g
Chicken thigh, 3 oz cooked	21g	Firm tofu, 3 oz	~9g
Pork loin, 3 oz cooked	22g	Lentils, ½ cup cooked	9g
Ground turkey 93%, 3 oz cooked	22g	Edamame, ½ cup shelled	~9g
Sardines, 1 can	~22g	Black beans, ½ cup cooked	~8g
Canned tuna, 1 can (5 oz)	~20g	Chickpeas, ½ cup cooked	~7g
Canned salmon, 3 oz	~18g	Peanut butter, 2 tbsp	7g
Greek yogurt, ¾ cup	~16g	Whole wheat bread, 1 slice	~4g
Cottage cheese, ½ cup	~13g	Oats, ½ cup dry	5g
Milk, 1 cup	8g	Pasta, 2 oz dry	7g
Cheese, 1 oz	7g	Quinoa, ½ cup cooked	4g
Egg, 1 large	6g	Peanuts, ¼ cup	~9g

Easy visual: 3 oz of cooked meat is about the size of a deck of cards — roughly 20–25g of protein.

Values are approximate and vary by brand. Check the Nutrition Facts label for exact numbers.

STEP 2

The Protein Price Ladder

What it costs to get about **20 grams of protein** — cheapest first.

Food	Amount for ~20g protein	Approx. cost
● Lentils (dry bag)	1 heaping cup cooked	~25¢
● Dry beans (pinto, black)	1 1/3 cups cooked	~30¢
● Peanut butter*	5–6 tablespoons	~40¢
● Chicken leg quarters	About 3 oz cooked meat	~45¢
● Milk	2½ cups	~55¢
● Chicken thighs (boneless)	About 3 oz cooked	~60¢
● Nonfat dry milk powder	About ¾ cup powder	~60¢
● TVP (textured soy protein)	Scant ½ cup dry	~60¢
● Cottage cheese	¾ cup	~80¢
● Eggs	3 large eggs	75¢–\$1.10
● Ground turkey (93% lean)	3 oz cooked	~90¢
● Plain Greek yogurt (big tub)	About 1 cup	~\$1.00
● Canned tuna (chunk light)	1 can (5 oz)	~\$1.10
● Ready-to-drink shake	1 bottle	\$2.00–\$3.50

● Under 50¢ ● 50¢–\$1 ● \$1+

*Peanut butter is calorie-dense — use it as a booster, not your main source. Costs are estimates based on typical US store-brand prices and will vary by store and season. Check unit prices on the shelf tag.

KNOW YOUR STORES

Where to shop for cheap protein

Every store has its winners. Buy each protein where it's cheapest.

DISCOUNT GROCERS**Aldi & similar**

Often the lowest prices on eggs, milk, cottage cheese, Greek yogurt, and canned beans.

BIG-BOX STORES**Walmart & Target**

Store brands (like Great Value) for dry beans, lentils, tuna, peanut butter, and frozen chicken.

WAREHOUSE CLUBS**Sam's Club & Costco**

Best for big packs of chicken, eggs, and canned tuna — if you'll freeze or use it all.

INTERNATIONAL MARKETS**Latino & Asian grocers**

Great prices on dry beans, lentils, tofu, eggs, and bulk spices.

Money-saving shopping moves

- **Compare unit prices** (per ounce or pound), not the sticker price.
- **Check the store app** for digital coupons before you go.
- **Try markdown apps** like Flashfood or Too Good To Go, where available.
- **Look high and low** — the cheapest brands are rarely at eye level.
- **Stock up on sales** for shelf-stable items like tuna, beans, and peanut butter.
- **Shop with a list** (use the grocery list on page 27) to avoid impulse buys.

THE PANTRY

Pantry power

The cheapest protein in the store sits on a shelf, not in a cooler.

1

Go dry, not canned

Dry beans cost about a third of canned. Cook a full bag in a slow cooker or pressure cooker, then freeze in 1½-cup bags — the same as one can.

Saves: about 60–70% vs. canned

2

Lentils are the 20-minute bean

No soaking needed. Red lentils melt into soups, chili, and pasta sauce, adding protein nobody notices.

Try: ¼ cup dry red lentils in any soup = +12g

3

Stretch ground meat with TVP

Swap half the ground beef in tacos, chili, or spaghetti for rehydrated TVP. Same texture, same protein, much lower cost.

Find it: bulk aisle or baking/natural foods section

4

Powdered milk is a secret booster

Stir nonfat dry milk into oatmeal, mashed potatoes, soups, or coffee. It disappears and adds protein to food you already eat.

Try: 1/3 cup powder = +8g protein

THE MEAT COUNTER

Shop meat smarter

Same protein, lower price — it's all in how you buy it.

5 Buy whole, not parts

A whole chicken or a bag of leg quarters costs far less per pound than breasts. Roast it, pull the meat, then simmer the bones for free broth.

One whole chicken = 3–4 meals of protein

6 Pick thighs over breasts

Boneless thighs usually cost less, stay juicy, and reheat better — great for meal prep that won't dry out.

Bonus: easier to eat when your appetite is low

7 Hunt the markdown sticker

Look for "Manager's Special" meat near its sell-by date — often 30–50% off. Freeze it the same day you buy it.

Ask: what time does your store mark down meat?

8 Family packs + your freezer

Big packs cost less per pound. Split them into 4-oz portions in zip bags before freezing so you thaw just what you need.

Label each bag with the date and weight

DAIRY & EGGS

Dairy & egg tricks

Soft, easy, and cheap — perfect for small appetites.

9 Blend your cottage cheese

Blended smooth, it replaces ricotta, sour cream, and heavy cream in sauces. Nobody will taste it, but they'll get the protein.

½ cup = about +12g protein

10 Swap Greek yogurt for mayo & sour cream

Use plain Greek yogurt in tuna salad, chicken salad, dips, and on tacos. More protein, fewer empty calories.

¼ cup = about +6g protein

11 Hard-boil a dozen every week

Grab-and-go protein for about 25¢ each. Keep them peeled in the fridge so they're truly zero effort.

Each egg = 6g protein

12 Buy the big tub, not the cups

Store-brand 32-oz plain yogurt costs much less per ounce than single cups. Add cinnamon, fruit, or a drizzle of honey yourself.

Saves: often 40%+ per ounce

FREEZER & LEFTOVERS

Waste nothing

Food you throw away is money you throw away.

13 Cook once, eat three ways

Roast one big batch of chicken. Night 1: plate it. Night 2: tacos. Night 3: soup. Same protein, no boredom.

Works with pork shoulder and lentils too

14 Go beyond tuna

Canned sardines and pink salmon are protein-packed and add healthy omega-3 fats. Mash into patties or spread on crackers.

Salmon cakes: 1 can + 1 egg + crumbs, pan-fry

15 Frozen beats fresh

Frozen fish fillets, chicken, and shelled edamame cost less, don't spoil, and let you cook just one portion at a time.

Thaw overnight in the fridge, not on the counter

16 Slow-cook the cheap cuts

Pork shoulder and bone-in chicken are often the cheapest meat per pound. Low and slow turns them tender and easy to eat.

Shred, portion, and freeze in 4-oz bags

CHEAT SHEET

Add 10 grams to anything

Already eating it? Make it count. Stir one of these into food you like.

Dry milk powder**+8g**

1/3 cup – oatmeal, soups, mashed potatoes

Cottage cheese**+12g**

½ cup, blended – pasta sauce, eggs, dips

Red lentils**+12g**

¼ cup dry – soups, chili, sauces

TVP**+12g**

¼ cup dry – tacos, sloppy joes, chili

Greek yogurt**+11g**

½ cup – smoothies, dressings, oats

Egg whites**+7g**

2 whites – whisk into oatmeal while cooking

White beans**+8g**

½ cup, mashed – soups, sauces, wraps

Shredded cheese**+7g**

¼ cup part-skim – eggs, beans, veggies

Pro move: Stack two boosters. Oatmeal + 1/3 cup milk powder + 2 egg whites turns a 5g breakfast into about 20g.

THE CHEAPEST PROTEIN THERE IS

Plant protein pairs

Beans, lentils, and grains are cheap and full of fiber. Pair them to cover all your bases.

Good news

Your body pools protein building blocks across the day. Pairs don't have to be on the same plate — just eat a mix of foods daily. Soy (tofu, TVP, edamame) is already a complete protein on its own.

Rice + beans

Burrito bowls, red beans & rice, gallo pinto

Lentils + rice

Lentil curry over rice, mujadara

Peanut butter + bread

Whole wheat toast, a classic PB sandwich

Hummus + pita

Chickpeas plus whole wheat pita or crackers

Beans + corn tortillas

Bean tacos, tostadas, enchiladas

Oats + milk

Cook oats in milk instead of water

Gut tip: New to beans? Start with $\frac{1}{4}$ – $\frac{1}{2}$ cup a day and drink plenty of water. Rinsing canned beans can help reduce gas and cuts sodium.

FOR GLP-1 USERS

When you're just not hungry

Low appetite is normal on a GLP-1. These habits help you still hit your number.

01

Protein first

Eat the protein on your plate before the sides. If you fill up early, you got what matters most.

02

Small & often

Four or five mini meals beat three big ones. Aim for a protein hit every 3–4 hours.

03

Soft foods win

Eggs, cottage cheese, yogurt, soups, and flaky fish go down easier on queasy days.

04

Sip your protein

Milk, blended bean soup, or a homemade yogurt smoothie are cheap drinks that count.

05

Pair with fiber & water

Beans and lentils bring fiber too. Add plenty of water to help keep digestion moving.

06

Keep backups ready

Boiled eggs, tuna, and yogurt mean you never skip protein just because you're tired.

If nausea, vomiting, or constipation is ongoing or severe, talk with your prescriber.

LEARN FROM OTHERS

8 costly mistakes

These cost you money, protein, or both.

01

Saving protein for dinner

One big protein meal is hard on a small appetite. Spread it out.

02

Filling up on sides

Bread and chips first leave no room for protein. Protein goes first.

03

Buying single servings

Snack cups and small packs can cost double per ounce.

04

Trusting "protein" labels

Protein bars and chips often cost \$1.50–\$3 for less than a few eggs give you.

05

Skipping the unit price

The bigger package isn't always cheaper. The shelf tag tells the truth.

06

Forgetting water

More protein and fiber need more fluid to keep digestion comfortable.

07

Cooking too much fresh

Freeze extras the same day so nothing spoils in the fridge.

08

Going dry & bland

Dry chicken is hard to eat. Use sauces, broth, and spices.

PUT IT TOGETHER

100 grams for about \$4

A real day of eating — no shakes, no supplements, no fancy ingredients.

When	What you eat	Protein	Cost
Breakfast	2-egg scramble with ½ cup cottage cheese stirred in	25g	~\$1.15
Lunch	Tuna salad made with Greek yogurt, on crackers or lettuce	28g	~\$1.40
Snack	1 cup milk + 1 tbsp peanut butter on apple slices	11g	~\$0.35
Dinner	Baked chicken thigh + ½ cup lentils + roasted veggies	36g	~\$0.75
Daily total		~100g	~\$3.65

Protein cost only; add a little for vegetables and fruit.

Same protein from shakes

4–5 shakes a day at \$2–\$3.50 each = **\$8–\$17 a day.**

Your monthly savings

Swapping just 2 daily shakes for real food can save about **\$75–\$150 a month.**

DAYS 1–4

7-day budget protein plan

About 90–95g of protein a day using the prep and recipes in this guide. Scale portions to your number.

Day	Breakfast	Lunch	Dinner	Snack
Day 1 ~88g	3 egg bites	Tuna & white bean salad	Chicken & bean chili	$\frac{3}{4}$ cup Greek yogurt + fruit
Day 2 ~93g	Protein overnight oats	Leftover chili	Lentil taco bowl	2 boiled eggs + 1 cup milk
Day 3 ~93g	Cottage cheese scramble	Leftover lentil tacos	Roasted chicken leg quarter + veggies	$\frac{3}{4}$ cup Greek yogurt
Day 4 ~90g	3 egg bites	Tuna & white bean salad	Red lentil soup + cheese toast	$\frac{1}{2}$ cup cottage cheese + fruit

Prep day

Do the 60-minute Sunday prep (page 21) the day before Day 1. It covers most of this week.

Leftovers on purpose

Dinner becomes the next day's lunch. Cook once, eat twice — less work, less waste.

DAYS 5–7

Finish the week strong

Day	Breakfast	Lunch	Dinner	Snack
Day 5 ~89g	Protein overnight oats	Chicken wrap with leftover chicken	Protein mac & cheese	2 boiled eggs
Day 6 ~94g	3-egg scramble with cheese	Red lentil soup + 1 cup milk	TVP sloppy joes	¾ cup Greek yogurt
Day 7 ~93g	Cottage cheese bowl with fruit + PB	Leftover sloppy joes	Chili from the freezer	2 boiled eggs + 1 cup milk

Make it work for you

- **Not hungry enough?** Eat the protein part of each meal and skip some of the sides.
- **Need more?** Add a booster from page 12 to any meal.
- **Swap freely.** Any recipe can replace any other with similar protein.
- **Same meals all week is fine.** Simple wins over fancy.

Estimated weekly protein cost

About **\$25–\$35** for a week of protein-focused meals for one person — compared with **\$56–\$170** for 4–5 shakes a day.

Daily totals are estimates. Your numbers will vary with portions and brands.

START STRONG

8 cheap protein breakfasts

Each one gives you about 20g of protein or more, for around a dollar.

Protein overnight oats ~22g

Oats, milk, and Greek yogurt. Recipe on page 25. ~**\$1.15**

Cottage cheese scramble ~25g

2 eggs + ½ cup cottage cheese, stirred in at the end. ~**\$1.15**

Egg bites ~22g

3 bites from your weekly batch. Grab, heat, go. ~**\$1.15**

Yogurt power bowl ~20g

¾ cup Greek yogurt, 1 tbsp peanut butter, fruit. ~**\$0.95**

Breakfast burrito ~25g

2 eggs, ¼ cup black beans, 1 oz cheese, tortilla. ~**\$1.20**

PB toast + milk ~23g

2 slices wheat toast, 2 tbsp PB, 1 cup milk. ~**\$0.60**

Cottage cheese pancakes ~23g

Blend 1 egg, ½ cup cottage cheese, 1/3 cup oats. Cook like pancakes. ~**\$0.80**

Savory milk oats ~19g

Oats cooked in 1 cup milk, topped with a fried egg. ~**\$0.65**

FILL THE GAPS

Protein snacks under \$1

Small snacks with big protein — perfect when a full meal is too much.

2 boiled eggs

12g

Salt, pepper, or a dash of hot sauce.
~50¢

Cottage cheese + fruit

13g

½ cup with peaches or pineapple. ~65¢

Greek yogurt cup

11g

½ cup from the big tub + cinnamon.
~50¢

Milk + PB apple

11g

1 cup milk, 1 tbsp PB on apple slices.
~45¢

Tuna crackers

10g

Half a can with Greek yogurt on crackers. ~70¢

Cheese + egg

13g

1 string cheese and 1 boiled egg. ~55¢

Edamame

~13g

¾ cup frozen shelled, microwaved with salt. ~85¢

Bean dip + veggies

~10g

½ cup mashed beans + salsa with carrots. ~40¢

Keep a "snack shelf" in the fridge: boiled eggs, yogurt, cottage cheese, and cheese sticks at eye level. If you see it, you'll eat it.

ONCE A WEEK

The 60-minute Sunday prep

One hour on the weekend means protein is always ready — even on your busiest, lowest-appetite days.

0:00

Start the big stuff

Put 2 lbs of chicken thighs in the oven (400°F, about 35 min). Start a pot of lentils on the stove.

0:10

Boil a dozen eggs

Simmer 10–12 minutes, then move to ice water so they peel easily.

0:20

Bake egg bites

Mix the batter from the recipe on page 23 and bake in a muffin tin while the chicken finishes.

0:40

Mix tuna salad

Make the tuna & white bean salad (page 23) for 2–3 lunches.

0:50

Portion & label

Pack 4-oz chicken portions and 1-cup lentil portions. Fridge for 4 days, freezer for the rest.

What you'll have ready

8 chicken portions • 12 boiled eggs • 12 egg bites • 4 cups lentils • 3 tuna salad lunches

CHEAP & EASY

Recipes that stretch

Lentil Taco "Meat"

~23g protein

~70¢ / serving

INGREDIENTS • Serves 4

- 1 cup dry brown lentils
- 2½ cups water or broth
- ½ lb ground turkey
- 1 packet taco seasoning (or 2 tbsp chili powder + 1 tsp cumin)

STEPS

1. Simmer lentils in water 20–25 min until soft. Drain extra liquid.
2. Brown turkey in a skillet, breaking it up.
3. Stir in lentils, seasoning, and a splash of water. Cook 5 min.
4. Serve in tortillas, over rice, or on a salad.

Chicken & Bean Chili

~28g protein

~\$1.40 / serving

INGREDIENTS • Serves 6

- 1½ lbs boneless chicken thighs
- 2 cans pinto beans, drained
- 1 can diced tomatoes
- 1 onion, chopped
- 2 tbsp chili powder, 1 tsp cumin, salt

STEPS

1. Add everything to a slow cooker with ½ cup water.
2. Cook on low 6–7 hours (or high 3–4).
3. Shred chicken with two forks and stir back in.
4. Top with Greek yogurt instead of sour cream. Freezes well.

GRAB & GO

Make-ahead bites

Cottage Cheese Egg Bites

~22g / 3 bites

~\$1.15 / serving

INGREDIENTS • 12 bites

- 8 large eggs
- 1 cup cottage cheese
- ½ cup shredded cheese
- 1 cup chopped veggies (spinach, peppers, onion)
- Salt & pepper

STEPS

1. Heat oven to 350°F. Grease a 12-cup muffin tin.
2. Blend eggs and cottage cheese until smooth.
3. Divide veggies and cheese among cups, pour egg mix over.
4. Bake 20–22 min until set. Keeps 4 days in the fridge.

Tuna & White Bean Salad

~23g protein

~\$1.35 / serving

INGREDIENTS • Serves 3

- 2 cans tuna, drained
- 1 can white beans, drained
- 1/3 cup plain Greek yogurt
- Juice of ½ lemon
- ¼ red onion + celery, chopped

STEPS

1. Lightly mash half the beans with a fork.
2. Stir in tuna, yogurt, lemon, onion, and celery.
3. Season with salt, pepper, and dill if you have it.
4. Eat with crackers, in a wrap, or on greens. Keeps 3 days.

COMFORT FOOD

Cozy & cheap

Red Lentil Soup

~21g protein

~85¢ / serving

INGREDIENTS • Serves 4

- 1½ cups dry red lentils
- 6 cups water + 2 bouillon cubes
- 1 onion + 2 carrots, chopped
- 1 can diced tomatoes
- 1 tsp cumin, salt, pepper
- 2/3 cup dry milk powder

STEPS

1. Soften onion and carrots in a pot with a little oil, 5 min.
2. Add lentils, water, bouillon, tomatoes, and cumin.
3. Simmer 20–25 min until lentils fall apart.
4. Stir in milk powder off the heat. Blend if you like it smooth.

Protein Mac & Cheese

~22g protein

~90¢ / serving

INGREDIENTS • Serves 4

- 8 oz elbow pasta
- 1 cup cottage cheese
- 1 cup shredded cheddar
- ½ cup milk
- Salt, pepper, pinch of mustard powder

STEPS

1. Cook pasta and drain.
2. Blend cottage cheese and milk until smooth.
3. Return pasta to pot on low. Stir in the blend and cheddar until melted.
4. Add 1 cup shredded chicken or a can of tuna for ~28g per serving.

EASY WINS

Fast favorites

Protein Overnight Oats

~22g protein

~85¢ / serving

INGREDIENTS • Serves 1

- ½ cup old-fashioned oats
- ½ cup milk
- ½ cup plain Greek yogurt
- 2 tbsp dry milk powder
- Cinnamon + fruit to taste

STEPS

1. Stir everything together in a jar.
2. Cover and refrigerate overnight.
3. Top with fruit in the morning. Eat cold or warm.
4. Make 4 jars at once — they keep 4 days.

TVP Sloppy Joes

~25g protein

~\$1.30 / serving

INGREDIENTS • Serves 4

- 1 cup dry TVP + 1 cup hot water
- ½ lb ground turkey
- 1 small onion, chopped
- 1 can (8 oz) tomato sauce
- 2 tbsp ketchup, 1 tbsp mustard, 1 tbsp brown sugar
- 4 buns

STEPS

1. Soak TVP in hot water 10 min.
2. Brown turkey and onion in a skillet.
3. Add TVP and sauce ingredients. Simmer 10 min.
4. Serve on buns. Freezes well without the bun.

KEEP IT SAFE

How long it keeps

Store protein right and you'll waste less money.

Food	Fridge	Freezer
Raw chicken pieces	1–2 days	Up to 9 months
Raw ground meat	1–2 days	3–4 months
Cooked chicken or meat	3–4 days	2–6 months
Cooked beans & lentils	3–5 days	About 6 months
Soups, chili, stews	3–4 days	2–3 months
Egg bites / egg dishes	3–4 days	2–3 months
Hard-boiled eggs	1 week	Not recommended
Tuna or chicken salad	3–5 days	Not recommended
Opened cottage cheese	About 1 week	Not recommended
Opened Greek yogurt	1–2 weeks	1–2 months

Freezer rule

Freezer times are for best quality. Food kept frozen at 0°F stays safe longer, but taste and texture fade.

When in doubt...

Throw it out. Smell or slime means it's done. Label every container with the date.

Times based on USDA FoodKeeper guidance. Keep your fridge at 40°F or below.

PRINT & SHOP

Protein grocery list

Check off what you need. Buy store brands and compare unit prices.

Pantry

- ☐ Dry lentils (brown & red)
- ☐ Dry or canned beans
- ☐ Canned tuna (chunk light)
- ☐ TVP
- ☐ Nonfat dry milk powder
- ☐ Peanut butter
- ☐ Canned tomatoes

Meat

- ☐ Whole chicken or leg quarters
- ☐ Boneless chicken thighs
- ☐ Ground turkey (93%)
- ☐ Markdown "Manager's Special" meat
- ☐ Family-pack proteins to freeze

Dairy & Eggs

- ☐ Eggs (18- or 24-count)
- ☐ Cottage cheese (big tub)
- ☐ Plain Greek yogurt (32 oz)
- ☐ Milk
- ☐ Shredded part-skim cheese

Extras

- ☐ Taco seasoning / chili powder
- ☐ Onions & lemons
- ☐ Frozen veggies
- ☐ Zip-top freezer bags
- ☐ Muffin tin (for egg bites)

Shelf-tag tip: Look at the small "unit price" (price per ounce or pound) on the tag — not the big price. That's how you spot the real deal.

WATCH THE SAVINGS ADD UP

Budget tracker

Write down what you spend on protein each week. Seeing the savings keeps you going.

Before you start

What I spent on shakes / bars per week: \$ _____

My weekly protein food budget goal: \$ _____

Week	Protein spend	Avg. grams / day	Saved vs. shakes	Notes
Week 1	\$		\$	
Week 2	\$		\$	
Week 3	\$		\$	
Week 4	\$		\$	
Total saved this month			\$	

Put the savings to work

Move what you save into a "wellness fund" for walking shoes, a kitchen scale, or a slow cooker.

PRINT ONE EACH WEEK

Weekly protein tracker

My daily target: _____ g Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks	Total	Hit it?
Mon						☐
Tue						☐
Wed						☐
Thu						☐
Fri						☐
Sat						☐
Sun						☐

Water check

Glasses today:

☐☐☐☐☐☐☐☐

This week's win

Write grams in each box. Use the protein chart on page 5 to estimate.

YOU ASKED

Questions & answers

Do I need protein powder at all?

No. Powder and shakes are a convenience, not a must. Keep one on hand for rough days if you like — just don't build your whole plan around them.

Is plant protein good enough?

Yes. Eat a mix of beans, lentils, grains, and soy across the day and your body gets what it needs. Mixing plant and animal foods works great too.

Isn't canned food high in sodium?

Some is. Pick "no salt added" when you can, and drain and rinse canned beans to cut sodium.

Protein makes me feel sick. Now what?

Try smaller portions, cold or soft foods (yogurt, cottage cheese, eggs), and eat slowly. If nausea continues, tell your prescriber.

Will more protein make me constipated?

Meat and dairy have no fiber, so balance them with beans, lentils, veggies, and plenty of water.

Can I eat too much protein?

For most healthy adults, the amounts in this guide are moderate. If you have kidney disease or another condition, check with your doctor first.

5 rules to remember

- 1 **Know your number** — goal weight $\times$ 0.6
- 2 **Protein first** at every meal
- 3 **Shop low on the ladder** — lentils, beans, chicken
- 4 **Boost what you already eat**
- 5 **Prep once, eat all week**

Want more GLP-1 gut health help?

Guides, tools, and real-life tips from someone on the same journey.

[Visit flowwellglp1.clinic](https://flowwellglp1.clinic)