# 💪 Protein Cheat Sheet for Midlife Wellness

Here's a simple guide to help you get enough high-quality protein every day to support strength, energy, and healthy ageing.

## ✅ Daily Protein Goals

- Aim for 1.2–1.6g of protein per kg of bodyweight.
- For a 70kg person, that’s roughly 84–112g of protein per day.
- Spread it across meals: ~25–35g per meal.

## 🥚 Top Protein-Rich Foods

Whole Food Sources (per typical serving):
- Chicken breast (100g): 31g
- Salmon (100g): 25g
- Eggs (2 large): 12g
- Greek yogurt (200g): 20g
- Cottage cheese (100g): 11g
- Lentils (1 cup cooked): 18g
- Chickpeas (1 cup cooked): 15g
- Tofu (100g): 10g
- Almonds (30g): 6g

## 🍽️ Easy High-Protein Meal Ideas

- Scrambled eggs on seeded toast + Greek yogurt with berries
- Chicken stir-fry with mixed veg and quinoa
- Lentil and vegetable soup with a side of wholegrain bread
- Grilled salmon with sweet potato mash and broccoli
- Tofu and chickpea curry with brown rice

## 💡 Quick Tips

- Include protein at every meal and snack.
- Combine with resistance exercise for best results.
- Drink water and eat plenty of fibre for digestion.
- Whole foods > ultra-processed protein bars or shakes.

For more support, join me in Flexpress where we combine smart nutrition with strength, mobility, and balance training – designed for real life over 50.