

A top-down view of a dark blue speckled bowl filled with a meal. The bowl contains a base of cooked quinoa, topped with several slices of grilled chicken breast, a stack of sliced avocado, and a slice of lemon. The bowl is set on a textured blue surface. In the background, there are white plastic forks and a small dish of spices. A semi-transparent text box is centered over the bowl.

Protein Cheat Sheet

YOUR GUIDE TO PROTEIN
SOURCES AND AMOUNTS



Why Protein Matters More After 40

Once you hit your mid-40s, your body goes through big changes, including less muscle, changing metabolism, and shifting hormones. Getting enough protein helps you manage those changes and feel more like you again.

Here's why **protein is essential** in your 40s and beyond:

- Helps preserve lean muscle as estrogen declines
- Supports hormone production and metabolic health
- Keeps you full longer and reduces cravings
- Stabilizes blood sugar to prevent energy crashes
- Aids recovery from workouts or strength training

Adding 25–30g of protein at each meal and 10–15g in snacks can make a big impact. Think: eggs and chicken sausage, a protein smoothie, or Greek yogurt with hemp seeds.

Small changes add up!

Your Protein Cheat Sheet

Not sure how to hit your protein goals? This cheat sheet makes it easy. It includes high protein sources (animal + plant-based) to help you build balanced meals. Use it as a guide to plan meals, grocery shop, and make quick choices when life gets busy. Protein doesn't have to be complicated. This guide makes it doable.

Enjoy making your meals easier and more nourishing!

Yours in wellness,

Elizabeth Girouard
CHHC, CWMA



Protein Sources and Amounts

PROTEIN SOURCES CHART

(nutrition facts per 3.5 ounces/100g of each item)

CHICKEN BREAST  29g protein	EGG  19g protein (3 eggs)	COTTAGE CHEESE  12g protein	PORK CHOP  25g protein	GREEK YOGURT  10g protein
LEAN BEEF  29g protein	SALMON  14g protein	CHICKEN DRUMSTICK  24g protein	CHICKEN THIGH  23g protein	AHI TUNA  29g protein
BLACK BEANS  9g protein	LENTILS  9g protein	CHICKPEAS  9g protein	PEAS  5g protein	PUMPKIN SEEDS  18g protein
TOFU  10g protein	EDAMAME  18g for 1 cup	HEMP SEEDS  31g protein	TEMPEH  18g protein	SHRIMP  23g protein

***100 grams = approximately 3.5 ounces**
 GOAL: 25-35 in meals, 10-15 grams in snacks, as needed

If you're 40 or older and wondering why nothing seems to work anymore, you're not alone. The diets, workouts, and routines that used to keep you feeling good just aren't cutting it now.

Sound familiar?

- You wake up tired, even after a full night's sleep
- The scale won't budge, what matter what you try
- Brain fog, mood swings, or sugar cravings are hitting harder
- You're reaching for caffeine, snacks, or wine just to feel okay
- And some days, you barely recognize the person in the mirror

Unfortunately, doing things the way you used to might be.

What if There's a Better Way?

With personalized support, expert insight, and compassionate step-by-step guidance, you can start to understand what your body is going through and what it needs. Support your metabolism, hormones, and mindset while reconnecting with your energy, balance, and confidence.

No more guesswork. Just proven strategies and real results.

Real change starts with understanding your body and giving it what it truly needs. Support is here whenever you're ready!

Yours in wellness,

Elizabeth

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