



# EASY PROTEIN BOWLS

## ■ Why Bowls Work

Listen up—bowls are your **secret weapon for fat loss after 50** because they make portion control visual and foolproof. No measuring. No overthinking. Just simple assembly.

■ Women over 50 need **25–30g of protein per meal** to fight muscle loss and keep metabolism firing. These bowls deliver exactly that—while keeping you full and satisfied for HOURS.

The formula is simple:

■ Lean protein + complex carb + fiber-rich veggies + healthy fat.

Prep 3–4 bowls on Sunday, grab-and-go all week. Your 50+ metabolism will thank you.

You are NOT too old, and it is NOT too late to get the body you want. But you DO need to eat like you mean it. ■

## ■ 6 Easy Protein Bowl Recipes

### ■ Breakfast Bowls

#### ■ Breakfast 1: Greek Yogurt Berry Power Bowl

- 1 cup plain, unsweetened Greek yogurt (20g protein)
- ½ scoop vanilla protein powder (12g protein)
- ½ cup blueberries (low GI fruit)
- 1 Tbsp chia seeds (fiber + omega-3s)
- 1 tsp almond butter (optional)
- **Protein:** ~32g

#### ■ Breakfast 2: Lean Egg & Veggie Bowl

- 1 whole egg + 5 egg whites (28g protein, less fat)
- 1 cup sautéed spinach + mushrooms + peppers
- 1 slice sprouted-grain toast or ½ cup cooked quinoa
- **Protein:** ~30–32g

## ■ Lunch Bowls

### ■ Lunch 1: Mediterranean Salmon Bowl

- 5 oz grilled salmon (30g protein)
- 1 cup roasted zucchini & bell peppers
- ½ cup cooked quinoa or farro
- 1 tsp olive oil + lemon juice drizzle
- **Protein:** ~32g

### ■ Lunch 2: Turkey & Sweet Potato Bowl

- 5 oz lean ground turkey (30g protein)
- 1 cup roasted broccoli & green beans
- ½ cup roasted sweet potato cubes
- Season with garlic + paprika
- **Protein:** ~31g

## ■ Dinner Bowls

### ■ Dinner 1: Chicken & Veggie Bowl

- 5 oz grilled chicken breast (33g protein)
- 1 cup roasted Brussels sprouts + asparagus
- ½ cup wild rice or cauliflower rice mix
- 1 tsp olive oil
- **Protein:** ~33–34g

### ■ Dinner 2: Simple Tofu Stir-Fry Bowl (Plant-Based)

- 6 oz extra-firm tofu (32g protein)
- 1 cup bok choy + snap peas + carrots
- ½ cup quinoa or cauliflower rice
- Season with garlic, ginger, lemon
- **Protein:** ~33g

## ■ Keep Going!

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**Menopause Unlocked Group** ■

Inside you'll find:

- A complete *free nutrition plan*
- *Menopause-appropriate exercise programs*
- Recommendations on *supplements that actually target menopause — and really work*

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