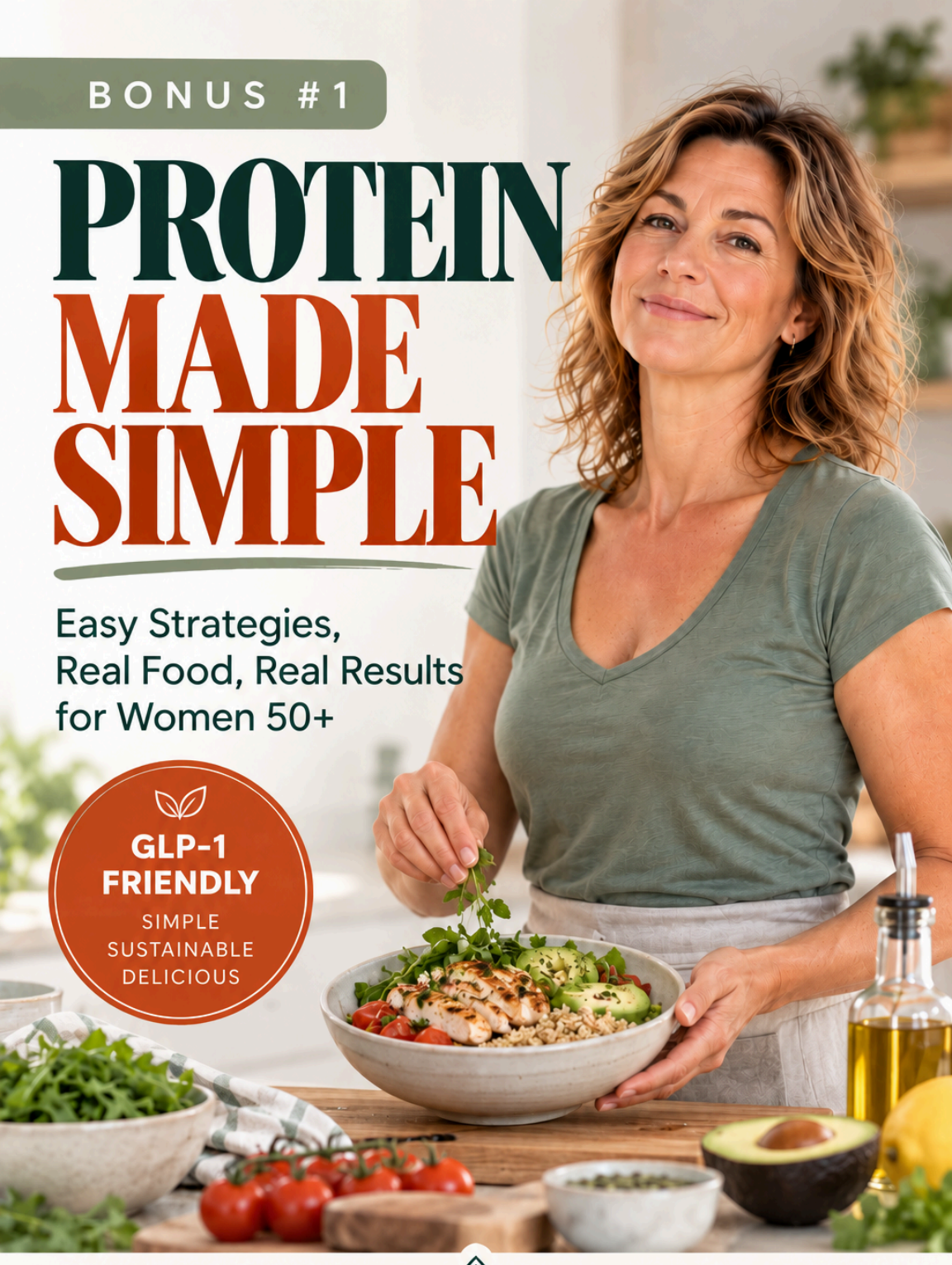
BONUS #1

PROTEIN MADE SIMPLE

Easy Strategies,
Real Food, Real Results
for Women 50+

GLP-1 FRIENDLY

SIMPLE
SUSTAINABLE
DELICIOUS



STRONG WOMAN SYSTEM

DON'T READ THIS LIKE A BOOK

You've already learned why protein deserves attention.

This guide has a different job:

HELP YOU DECIDE WHAT TO EAT.

Open it when:

you don't know what to make;

your appetite is smaller;

you need something fast;

you're grocery shopping;

you're eating out;

you're traveling;

or you're staring into the refrigerator hoping dinner will invent itself.

Use the page that solves the problem in front of you.

Then move on with your day.

THE ONE RULE TO REMEMBER

FIND THE PROTEIN.

MAKE IT EASY.

BUILD FROM THERE.

You don't need to create the perfect meal.

You need a useful starting point.

TOOL 1

FIND YOUR PROTEIN ANCHOR

Ask:

“WHAT'S THE PROTEIN ANCHOR?”

Depending on your preferences and individual needs, possibilities may include:

EGGS

Eggs

Egg-based dishes

DAIRY

Greek yogurt

Cottage cheese

Other higher-protein dairy foods

POULTRY + MEAT

Chicken

Turkey

Lean or other appropriate meat choices

FISH + SEAFOOD

Fish

Shrimp

Tuna or other appropriate seafood options

PLANT-BASED

Tofu

Tempeh

Edamame

Beans

Lentils

Other protein-containing plant foods

CONVENIENCE OPTIONS

Appropriate ready-to-eat protein foods

Prepared foods

Protein-containing drinks or shakes when useful

This isn't a complete list.

It's a decision prompt.

PROTEIN CHOICES AT A GLANCE

Simple, nutritious options to include in your day.

LEAN MEATS



Chicken



Turkey



Lean beef

Versatile, satisfying and rich in protein.

FISH & SEAFOOD



Salmon



White fish



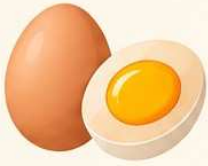
Shrimp

Nutrient-rich and great for variety.

PROTEIN CHOICES AT A GLANCE

Simple, nutritious options to include in your day.

EGGS & DAIRY



Eggs



Greek yogurt



Cottage cheese

Quick, convenient and high in protein.

PLANT-BASED



Tofu



Lentils



Chickpeas

Great options for more variety.

TOOL 2

“I DON'T KNOW WHAT TO EAT”

Use this four-step builder.

STEP 1 — CHOOSE A PROTEIN ANCHOR

STEP 2 — ADD PRODUCE OR ANOTHER USEFUL FOOD

STEP 3 — ADD AN ENERGY SOURCE OR OTHER FOOD AS APPROPRIATE

STEP 4 — ADD FLAVOR

Done.

You made the decision.

PRINTABLE TOOL

THE EASY MEAL BUILDER

Use this when you want a fast way to turn a protein anchor into a meal.

PROTEIN

BUILD

FLAVOR

MEAL

GOOD ENOUGH TO EAT

beats perfect on paper.

TOOL 3

WHEN YOUR APPETITE IS SMALL

Don't begin by asking:

“How can I force a normal-sized meal?”

Ask:

“WHAT FEELS MANAGEABLE AND USEFUL RIGHT NOW?”

SMALL-APPETITE DECISION TREE

CAN I COMFORTABLY EAT A NORMAL MEAL FOR ME?

YES

→ Build a normal meal around a protein anchor.

NO

↓

WOULD A SMALLER MEAL FEEL MORE MANAGEABLE?

YES

→ Choose a smaller, simpler option.

NO

↓

WOULD AN EASY-TO-CONSUME OPTION BE MORE PRACTICAL?

YES

→ Choose an appropriate option that works for you.

NO / I'M HAVING ONGOING DIFFICULTY EATING OR DRINKING

→ Contact an appropriate healthcare professional.

SMALL-APPETITE IDEA BANK

These are ideas, not individualized prescriptions.

Depending on what works for you:

Greek yogurt with simple additions;

cottage cheese with fruit or another side;

eggs with toast;

a smaller sandwich or wrap built around a protein source;

soup with a useful protein source;

tuna or chicken with crackers or another easy side;

tofu or edamame with a simple accompaniment;

a smaller portion of leftovers;

an appropriate smoothie or protein-containing drink;

or a simple snack-style plate built around a protein anchor.

SMALLER CAN STILL BE INTENTIONAL.

TOOL 4

THE NO-COOK MATRIX

Choose one from each useful column.

PROTEIN ANCHOR	EASY ADDITION	FLAVOR / EXTRA
Greek yogurt	Fruit	Nuts/seeds if appropriate
Cottage cheese	Fruit or vegetables	Seasoning
Tuna	Crackers / bread	Condiment
Prepared chicken or turkey	Salad / wrap	Dressing / sauce
Tofu / edamame	Ready-to-eat vegetables	Sauce / seasoning
Beans / lentils	Pre-cooked grain / vegetables	Salsa / dressing
Appropriate convenience protein	Easy produce	Preferred extra

Mix and match according to your dietary needs and preferences.

Choose one from each useful column.

Mix and match according to your dietary needs and preferences.

TOOL 5

THE 5-MINUTE MEAL RESCUE

When you have almost no desire to cook:

1.

Open the refrigerator, freezer or pantry.

2.

Find the easiest appropriate protein anchor available.

3.

Add one or two foods that make it a usable meal.

4.

Stop trying to make it impressive.

5.

Eat.

DINNER DOESN'T NEED A PERSONALITY.

SMALL-APPETITE & BUSY-DAY RESCUE

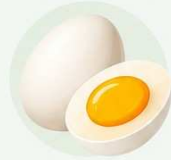
Simple protein options for when you don't have much appetite, time or energy.

WHEN YOU DON'T HAVE MUCH APPETITE

Choose lighter options that are easy to eat but still provide protein.



Greek yogurt with berries



A boiled egg (or two)



Protein shake with water or milk

WHEN YOU DON'T HAVE TIME

Choose ready-to-eat options that are simple and portable.



Canned tuna (or salmon)



Single-serve cottage cheese



Cheese stick and a handful of nuts

WHEN YOU DON'T FEEL LIKE COOKING

Choose no-cook or minimal-prep options that still support your goals.



Pre-cooked chicken or turkey wrap



Beans with veggies (e.g. chickpeas)



Ready-to-eat soup with lentils or beans

SIMPLE CHOICES. REAL PROGRESS.

TOOL 6

BUILD YOUR DEFAULTS

Defaults are meals or food choices you don't need to reinvent.

Create yours.

MY EASY BREAKFAST _____

MY EASY LUNCH _____

MY EASY DINNER _____

MY NO-COOK OPTION _____

MY LOWER-APPETITE OPTION _____

MY “NOTHING IS READY” BACKUP _____

These aren't rules.
They're decisions you've already made.

TOOL 7

THE SMARTER GROCERY CHECK

Before you finish shopping, ask:

DO I HAVE:

☐ Protein anchors I actually like?

☐ An easy breakfast?

☐ An easy lunch?

☐ Something that requires almost no cooking?

☐ A lower-appetite option?

☐ A backup for the day that doesn't go as planned?

If not, solve the missing category before you leave.

Your **Strong Woman Quick-Start Pack** includes a dedicated printable grocery sheet when you want the full shopping version.

TOOL 8

EATING OUT WITHOUT TURNING DINNER INTO HOMEWORK

Restaurant menus can create unnecessary overthinking.

Try this:

FIND → BUILD → ENJOY

FIND

Identify an appropriate protein-centered option.

BUILD

Choose sides and additions that work for your needs, preferences and appetite.

ENJOY

Eat the meal.

Talk to the people you're with.

Move on with your life.

You don't need a perfect restaurant order.

Your **Strong Woman Quick-Start Pack** includes a phone-sized Restaurant Decision Card for this exact situation.

TOOL 9

THE TRAVEL FOOD PLAN

Before traveling, decide only a few things:

WHAT'S MY FIRST EASY FOOD OPTION?

WHAT COULD I KEEP WITH ME IF APPROPRIATE?

WHAT'S MY DELAY / EMERGENCY BACKUP?

WHAT FOOD DECISION DO I NOT NEED TO CONTROL?

Travel requires flexibility.

Not nutritional perfection.

For the complete travel checklist — including medication, movement and recovery — use the **Strong Woman Quick-Start Pack**.

TOOL 10

READ THE LABEL WITHOUT READING THE WHOLE PACKAGE

Packaging is marketing.

The nutrition label gives you information.

When comparing protein-focused products, look at:

SERVING SIZE

What amount does the label actually describe?

PROTEIN

How much does the stated serving provide?

TOTAL PRODUCT CONTEXT

What else is in the product, and does it make sense for your individual needs?

TOLERANCE + PREFERENCE

Will you actually eat or drink it comfortably?

PURPOSE

What job is this product doing?

Breakfast?

Snack?

Backup?

Convenience?

Don't buy something just because **PROTEIN** is printed in giant letters on the front.

TOOL 11

DO I NEED A PROTEIN SHAKE?

A protein shake is a tool.

Not a requirement.

Ask:

AM I ABLE TO MEET MY NEEDS COMFORTABLY WITH FOOD?

If yes, a shake may simply be optional.

WOULD CONVENIENCE HELP?

A shake may be useful in some situations.

IS MY APPETITE MAKING FOOD INTAKE DIFFICULT?

Discuss persistent difficulties and your individual nutrition needs with an appropriate healthcare professional.

DO I THINK THE SHAKE IS “BETTER” THAN REAL FOOD?

It isn't automatically better.

It is simply another option.

USE TOOLS BECAUSE THEY SOLVE A PROBLEM.

NOT BECAUSE THE LABEL LOOKS HEALTHY.

TOOL 12

PROTEIN MYTH CHECK

“I NEED TO EAT AS MUCH PROTEIN AS POSSIBLE.”

No.

More is not automatically better.

“EVERY WOMAN NEEDS THE SAME NUMBER.”

No.

Individual needs vary.

“IF BREAKFAST WAS LOW IN PROTEIN, I RUINED THE DAY.”

No.

Use the next useful opportunity.

“I NEED A SHAKE.”

Not necessarily.

It's an option, not a requirement.

“PLANT PROTEINS DON'T COUNT.”

Protein-containing plant foods can absolutely contribute to your overall intake.

Individual dietary planning may differ.

“I HAVE TO TRACK EVERYTHING.”

Not necessarily.

Some people find tracking useful.

Others can improve considerably by building awareness and reliable defaults.

WHEN TO ASK FOR PERSONALIZED HELP

General information stops being enough when you need an individualized answer.

Consider appropriate professional guidance if you have questions about:

your personal protein needs;

significant dietary restrictions;

kidney or other relevant medical conditions;

persistent difficulty eating;

persistent nausea or vomiting;

difficulty maintaining appropriate fluid intake;

unintentional changes in food intake;

or other symptoms or circumstances affecting nutrition.

YOUR PERSONAL PROTEIN TOOLKIT

Fill this out once.

Update it when needed.

MY FAVORITE PROTEIN ANCHORS

1. _____
2. _____
3. _____
4. _____
5. _____

MY FASTEST OPTION

_____

MY NO-COOK OPTION

_____

MY LOWER-APPETITE OPTION

_____

MY WORK / BUSY-DAY OPTION

_____

MY RESTAURANT DEFAULT

_____

MY TRAVEL BACKUP

_____

PRINT THIS PAGE

PROTEIN MADE SIMPLE

AT A MEAL?

Find the protein anchor.

SMALL APPETITE?

Make the meal smaller and simpler.

NO TIME?

Use a default.

NOTHING COOKED?

Use the no-cook matrix.

EATING OUT?

Find → Build → Enjoy.

TRAVELING?

Plan one backup.

CONFUSED BY A PRODUCT?

Read the label, not the marketing.

NEED A PERSONAL NUMBER?

Ask an appropriate professional.

LESS CALCULATING. LESS GUESSING.

MORE CONFIDENT CHOICES.

PRINT THIS PAGE

Keep the cheat sheet:

on your refrigerator;

inside a kitchen cabinet;

in your planner;

or saved on your phone.

This guide is designed to be used repeatedly.

Not preserved perfectly.

FIND THE PROTEIN.

MAKE IT EASY.

BUILD FROM THERE.

IMPORTANT NOTE

This guide provides general educational information and practical decision tools. It does not provide individualized nutrition or medical advice.

Your nutrition needs depend on your individual circumstances. Seek appropriate professional guidance when you need personalized recommendations or have medical or nutrition concerns.