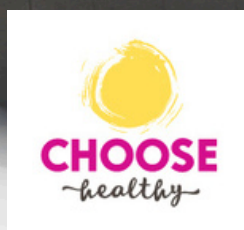
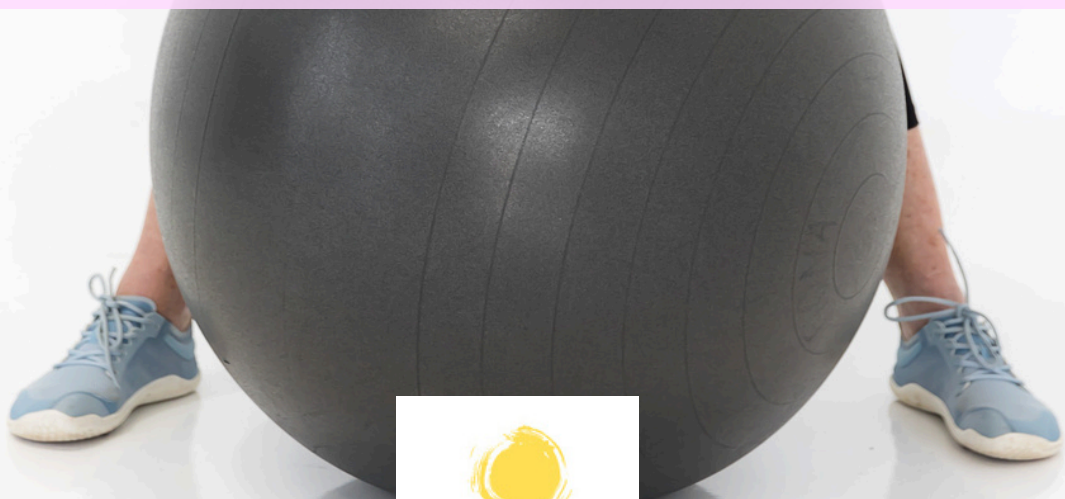




INTRODUCING

Power Up Your Plate

**THE MIDLIFE WOMAN'S GUIDE
TO GETTING MORE PROTEIN
EVERY DAY**



Meet Your Guide

Hi, I'm Fee, a qualified health and wellness coach, fitness instructor and passionate advocate for helping women 50+ feel strong, energised and fabulous in their second half of life.

Like many of you, I hit a point in my 50s where I asked, '*Is this it?*' I didn't want to slow down - I wanted to live fully, move with confidence and feel great in my body. That's what led me to dig deep into nutrition, movement and mindset shifts that truly work for this stage of life.

Now, I help women just like you feel empowered through simple, sustainable habits - no calorie counting, no strict diets and definitely no giving up your favourite foods!



This guide is here to give you one of the biggest (*and often overlooked*) tools for thriving after 50: **getting enough protein.** It's practical, easy to follow and packed with quick wins to help you feel nourished, strong and full of energy.

Let's power up your plate - and your life.

Fee x



1 STEP 1

Why Protein Matters After 50

As we move into midlife, protein becomes more important than ever. Not just for building muscle, but also for maintaining strength, energy and a healthy metabolism.



After 50, our bodies naturally begin to lose muscle mass (called sarcopenia), which can lead to feeling weaker or slower. But increasing your protein intake can help preserve muscle and support a more active, vibrant life.

Protein also plays a role in:

- **Balancing blood sugar** so you avoid energy crashes
- **Reducing cravings** and keeping you fuller for longer
- **Supporting bone health** and hormone function

You don't need to overhaul your diet – just make small, intentional tweaks to ensure every meal includes some protein.



2 STEP 2:

How Much Do You Actually Need?

Let's keep this simple – no maths or calorie counting needed. Here's a general target to aim for.



➡ **20 – 30g of protein per meal**, ideally 3 times a day.

That's roughly a palm-sized portion of protein (*animal or plant-based*) per meal.

Daily goal?

Around 75 – 100g of protein total. But the key is consistency – getting protein regularly throughout the day is more effective than loading it all at once.

What does 25g of protein look like?

- 2 eggs + 1 slice wholegrain toast + Greek yoghurt
- 1 chicken breast (100g cooked) + salad
- ¾ cup lentils + veggies + rice



**[Click here](#) for
your Protein
Sources
guide!**

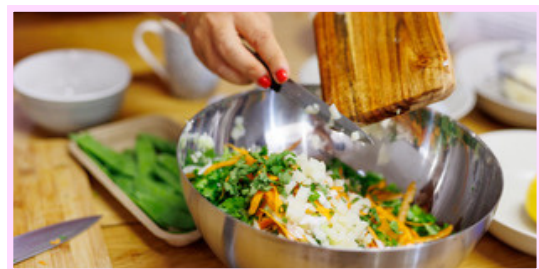
3 STEP 3:

Easy Protein Upgrades for Every Meal

Small swaps = big wins. Here are easy ways to upgrade each meal without spending hours in the kitchen.

Breakfast

- Greek yoghurt + chia seeds + berries
- Eggs (boiled, scrambled or fried) + veggies + sourdough toast
- Protein smoothie (add protein powder, nut butter, berries, milk/alternative milk)



Lunch

- Add boiled eggs, tuna or grilled chicken to your salad
- Swap white bread for a wrap with hummus + falafel
- Leftover roast veggies + quinoa + feta



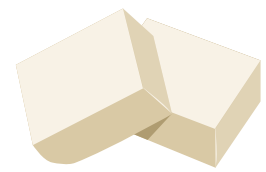
3 STEP 3:

Easy Protein Upgrades for Every Meal

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Dinner

- Stir-fry with tofu, tempeh or lean beef
- Baked salmon + roast potatoes + broccoli
- Lentil or chickpea curry with brown rice



Snacks

- Boiled eggs, edamame or a protein ball
- Cottage cheese with fruit or nuts
- Protein bar or shake (read labels for sugar content)



[Click here for your 25+ Easy Protein Hacks for Every Day!](#)

4 STEP 4:

Your Weekly Protein Checklist

*Use the printable to track your wins and stay consistent.
You're not aiming for perfection – just progress.*

How to use:

- ✓ Tick off each meal where you included a good source of protein
- ✎ Add notes if you want to track new ideas or reflect on what worked

Day	Breakfast	Lunch	Dinner	Snack	Notes
Monday	✓	✓	✓	✓	Added lentils to soup
Tuesday	✗	✓	✓	✓	Need faster breakfast
Wednesday	✓	✓	✓	✗	

At the end of the week, reflect:

- ☞ Did I include protein at most meals?
- ☞ What meals were easiest? What do I want to improve next week?



[Click here](#) for
your copy of the
Weekly Protein
Checklist!

5 STEP 5:

Your One-Day Protein Plan

Here's a sample day that hits your protein target without stress. You can copy this directly or tweak it to suit your routine.

Breakfast (25g):

Greek yoghurt (150g) + 1 tbsp chia seeds + ½ banana + handful of almonds

Lunch (30g):

Grilled chicken (100g) + quinoa salad + feta + olive oil dressing

Dinner (30g):

Baked salmon (120g) + sweet potato + steamed broccoli

Snacks (15g):

Boiled egg + protein ball or small smoothie

That's approx. 100g of protein - steady, simple and satisfying!



[Click here](#)
for your One
Day Protein
Plan!



You did it!

You've just taken an amazing step toward feeling stronger, more energised and in control of your health by simply understanding the power of protein.

Small, intentional shifts in how you eat can have a big impact, especially in your 50s and beyond.

Keep using the tips, hacks and checklist regularly, and you'll start to notice more energy, better moods and strength that supports your everyday life.



Keep reading for more on your next steps...



What's Next?



If you loved this guide and you're ready for more *personalised support*, you're invited to take the next step.

Stay Connected

Join my community for inspiration and support – I'd love to hear how you're going!

Here's to powering up your plate and living your best second half.

You've got this,

Fee xx

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