

A woman with dark hair tied back, wearing a black sports bra and leggings, is lifting a black dumbbell with her right arm. She is looking off to the side with a focused expression. The background is a blurred gym setting.

# fulfilled fitness

# Protein Guide

Created by Jenn Wall  
@jennwallfitness

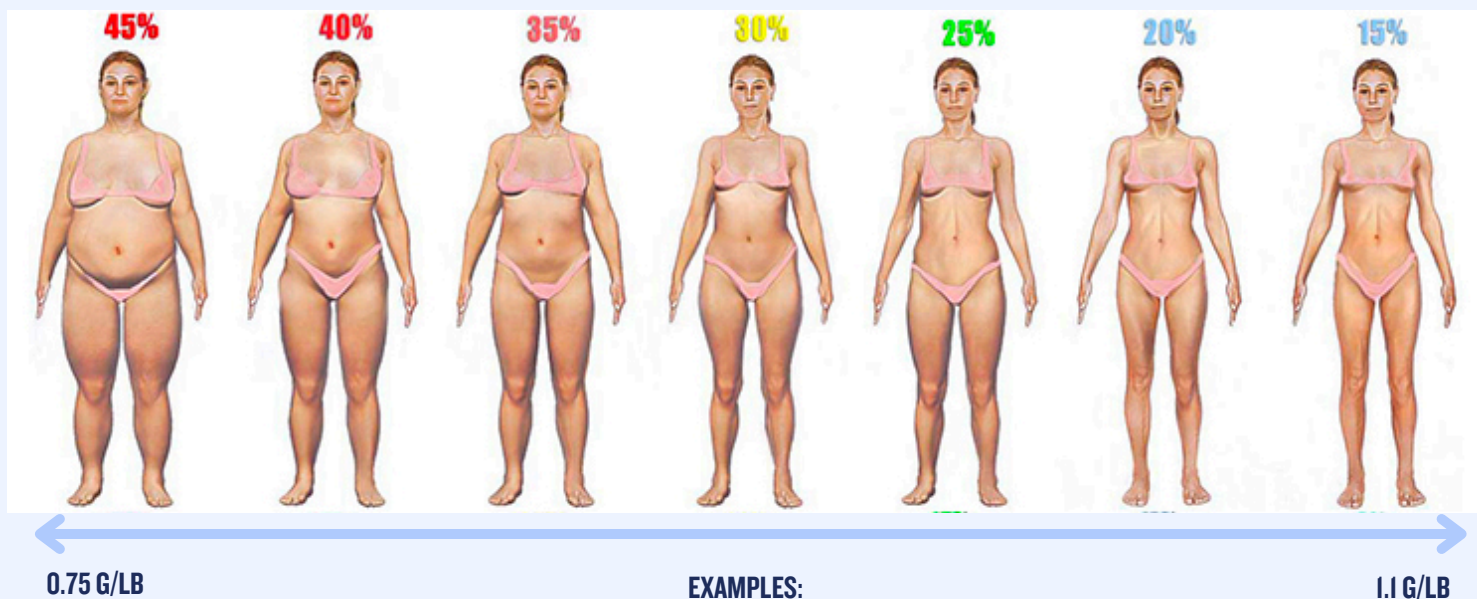
# HOW MUCH PROTEIN?

## CALCULATING YOUR PROTEIN GOALS:

The amount of protein you need to optimize your metabolism, lose fat, and build muscle is a controversial topic that is being continuously researched and updated by scientists. What we do know for certain is that protein is the best muscle building and the best fat-burning macronutrient and is the *essential* macronutrient when it comes to repairing muscle post-workout too. For this reason, we think it is far better to have too much protein than too little. If you consume too little, you could be leaving potential gains on the table and missing out on fat loss. This can lead to the "skinny fat" outcome and a slow metabolism after dieting.

And just like people of different starting body fat percentages will require different calorie intakes, they will also require different protein intakes. How much protein YOU need to eat, depends not only on your bodyweight, but also on your body fat percentage. Your body fat percent estimation does not need to be precise in order for you to get in the right ball park for setting up your macronutrients.

The higher your body fat percentage, the less likely you are to lose muscle in a calorie deficit because you have more body fat to use for fuel. On the other hand, the leaner you are, the more likely you are to lose muscle in a calorie deficit because there is less body fat for fuel. Therefore, we propose that the leaner you are, the more protein you need to eat to preserve (or gain) muscle mass. This is why we recommend a sliding protein target ranging between .75 and 1.1 grams per pound of body weight. If you're an athlete or heavy exerciser, you may want to aim for 1-1.5 grams per pound for fat loss. *(Most Americans/dieters will not fall into the athlete or heavy exerciser category.)*

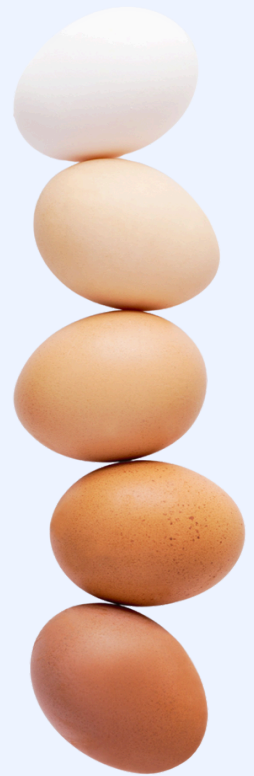


EXAMPLES:  
130LBS @ 20% BODY FAT -->  $130 \times 1.0 = 130$  GRAMS PROTEIN  
30LBS @ 20% BODY FAT -->  $180 \times .80 = 144$  GRAMS PROTEIN



## EGGS + BREAKFAST IDEAS

eggs	1 egg	6p/5f/0c
egg whites	1/2 cup or 120g	12p/0f/0c
turkey bacon	2 slices	12p/4f/0c
bacon	2 slices	6p/6f/0c
Applegate chicken and maple sausage	3 links	9p/8f/3c
Simple Truth apple maple chicken sausage	2 links	12p/3f/2c
turkey breakfast sausages, Johnsonville	2 links	8p/3.5f/2c
smoked salmon	2 slices	15p/2f/1c
greek yogurt, Dannon Light n Fit	1 container	12p/0f/9c
low-fat cottage cheese	1/2 cup	14p/1f/5c
protein pancakes, Birch Benders mix	1/2 cup mix	16p/1.5f/26c
protein oats, Quaker Oats	1 packet	10p/4.5f/41c
collagen peptides	1 scoop or 20g	18p/0f/0c
protein breakfast shake, Premier Protein	11oz	30p/3f/5c
2 slices turkey bacon, 1 egg, 100g egg whites	-	29p/9f/0c
flax + chia seeds in overnight oats	3/4 cup	27p/9f/0c



# PROTEIN SOURCES

## LEAN PROTEIN IDEAS (NON-VEGAN)

bone broth	1 cup	6p/0f/2c
chicken breast	4oz cooked	35p/1f/0c
	4 oz raw	26p/1f/0c
turkey breast	4 oz cooked	28p/4.5f/0c
	4 oz raw	22p/7f/0c
lean ground beef	96% lean 4oz	24p/4f/0c
	92% lean 4 oz	21p/9f/0c
lean ground turkey	93% lean cooked 4 oz	22p/8f/0c
sea scallops	cooked 4 oz	15p/1f/1c
shrimp	100g	24p/1f/0c
deli turkey	50g	12p/1f/0c
deli ham	50g	9p/1.5f/2.5c
pork tenderloin	4 oz cooked	23p/4f/3c
ahi tuna	4 oz	26p/1f/0c
mahi mahi	4 oz cooked	27p/1f/0c
tilapia	4 oz cooked	23p/2f/0c
atlantic cod	4 oz cooked	25p/1f/0c
sea bass	4 oz cooked	26p/3f/0c
non-fat Greek yogurt	100 g	15p/0f/10c
non-fat cottage cheese	100 g	12p/0f/5c
egg whites	1/2 cup (120g)	13p/0c/0f
canned tuna	2oz (1/4 cup)	10p/1f/1c
whey protein (Protegen)	30 g	20p/1f/3c
whey protein (Ghost)	30 g	23p/1f/3c
tuna steak	100g	25p/0f/0c
albacore tuna	2 oz	13p/2f/0c
chicken burger	1 patty	19p/6f/3c





# PROTEIN SOURCES

## FATTY PROTEIN IDEAS (NON-VEGAN)

Atlantic salmon	4 oz cooked	25p/14f/0c
sardines	3oz (84g)	18p/8f/0c
chicken thigh	4 oz cooked	27p/11f/0c
ground beef (85% lean)	4 oz cooked	21p/17f/0c
ground turkey (70-80% lean)	4 oz cooked	14p/20f/0c
whole eggs	1 egg	6p/5f/0c
bacon	2 slices	6p/6f/0c
bison (ground)	4 oz cooked	23p/11f/0c
ground lamb	4 oz cooked	20p/16f/0c
NY strip steak	4 oz cooked	23p/16f/0c
ribeye steak	4 oz cooked	20p/23f/0c
salmon burger	1 patty (~80g)	14p/7f/1c
turkey burger	1 patty (~110g)	20p/8f/0c

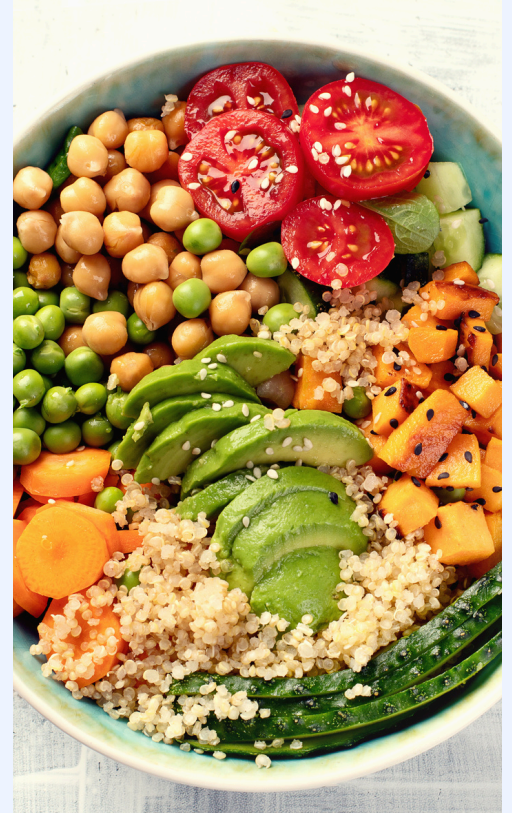




# PROTEIN SOURCES

## VEGAN PROTEIN IDEAS

vegan protein powder (Ghost)	1 scoop (35g)	21p/1.5f/6c
tofu	225 g	21p/12f/6c
tempeh, plain	100g	18p/6f/10c
edamame	100g	12p/5f/11c
lentils	1 cup (~100g)	18p/1f/40c
black beans	0.5 cup (~130g)	7p/0f/20c
navy beans	0.5 c	8p/1.5f/22c
pinto beans	0.5c	7p/1f/19c
hemp seeds	2tbsp (30g)	3p/13f/3c
quinoa	100g (1/4 cup)	4p/2f/21c
chia seeds	1 tbsp (15g)	2p/5f/6c
flax seeds	1 tbsp (15g)	3p/5f/5c
pumpkin seeds	1 tbsp (15g)	3p/5f/8c
sunflower seeds	25g (1/4 cup)	5p/13f/5c
seitan	100g	20p/2f/4c
veggie burger	1 patty (80g)	16p/8f/8c





# PROTEIN SOURCES

## LEANER PROTEIN SWAPS

### INSTEAD OF THIS



3 eggs  
(19P/14F)



4oz. chicken thigh  
(30P/12F)



4oz. Atlantic salmon  
(25P/13F)



4oz flap steak  
(24P/12F)



Fried catfish  
(16P/12F)



Go Macro vegan  
protein bar  
(11P/10F)

### TRY THIS

5 egg whites  
(18P/0F)



4oz. chicken breast  
(34P/1F)



4oz. Alaskan salmon  
(29P/5F)



4oz. 98% lean ground beef  
(24P/2F)



4oz. Ahi Tuna  
(25P/1.5F)



Ghost vegan PB  
protein powder  
(21P/1.5F)



# PROTEIN SOURCES

## LEANER PROTEIN SWAPS

### INSTEAD OF THIS



regular pasta  
(7g protein)



almond milk  
(1g protein)



cereal  
(5g protein)



snack bar  
(3g protein)



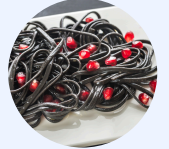
rice  
(1g protein)



chips  
(2g protein)

### TRY THIS

black bean pasta  
(25g protein)



flax + protein milk  
(8g protein)



Kashi Peanut Butter Cereal  
(10g protein)



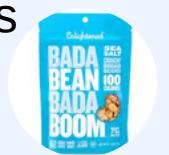
Clif Builders Bar  
(20g protein)



Banza rice  
(11g protein)



Bada Bean Bada Boom chips  
(7g protein)





## NEW TO FULFILLED FITNESS AND NOT SURE WHO TO FOLLOW?

Here are some handles from our amazing coaches! They post workouts, form tips, meal prep ideas, and all kinds of other cool stuff to help you get ideas to amplify your fitness journey! Remember to tag us and #fitandfulfilledteam, as we love to shout you out and hype up your wins!

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CEO/Head Coach for team Fulfilled Fitness

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**Emily Logwood**

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**Laura Daniel**

Assistant Coaches of team Fulfilled Fitness

## WANT TO TAKE THE GUESSWORK OUT OF YOUR FITNESS JOURNEY?

We understand there are a lot of variables to get right when it comes to your fitness journey. If you're trying to figure out how to put this all together for you, feel free to apply for coaching by clicking below! We're more than happy to help you build that game plan to your results!

**[Apply for Coaching Here!](#)**

