

100 Grams of Protein A Day

A starting point, not a ceiling.

A strong baseline for most women, for satiety, metabolism and holding muscle. Your own number is 0.7 to 1.0 g per pound, so 130 lb is roughly 90 to 130 g, 160 lb roughly 110 to 160 g.

Breakfast

25 to 30 g

Option 1: Egg Scramble

- 2 eggs + ½ cup egg whites
- Cheese, spinach, peppers
- ~25 to 30 g protein

Option 2: Greek Yogurt Bowl

- 1 cup Greek yogurt
- Berries + almond butter
- Optional: add protein powder
- ~20 to 30 g protein

Dinner

30 to 35 g

Option 1: Salmon Plate

- 5 oz salmon
- Roasted veggies, sweet potato
- ~30 g protein

Option 2: Steak + Potatoes

- 4 to 5 oz steak
- Potatoes, greens
- ~30 to 35 g protein

Lunch

30 to 35 g

Option 1: Chicken Bowl

- 4 to 5 oz grilled chicken
- Rice or potatoes, veggies, olive oil
- ~30 to 35 g protein

Option 2: Turkey Wrap

- High-protein wrap, 4 to 5 oz turkey
- Cheese, lettuce, mustard, side of fruit
- ~30 g protein

Snack

10 to 20 g

Option 1: Protein Yogurt

- Greek yogurt or skyr
- ~15 to 20 g protein

Option 2: Simple Shake

- Protein powder + water or milk
- ~20 g protein

Option 3: On the run

- Protein water or protein coffee ~15 to 20 g

WHY MOST PEOPLE FALL SHORT

Breakfast is mostly carbohydrates, lunch is inconsistent and dinner carries the whole day. Add low-protein snacks and you end at 40 to 60 grams, which is where the hunger and the plateau come from.

Stop asking "how do I get 100 grams?" Start asking "where is the protein in this meal?" Total intake matters more than spreading it perfectly across the day.

WHY THIS PROTECTS YOUR RESULTS, ESPECIALLY ON A GLP-1

Eating less without prioritizing protein means losing muscle alongside fat, and that is what slows metabolism long term. Resistance training matters even more than protein for holding muscle; protein supports it. Every patient gets an InBody scan twice a year, so lean mass is tracked and the plan can be adjusted before muscle is lost.

Grams are approximate. General education, not a substitute for personal medical advice.