

150 Grams of Protein A Day

What the day looks like when your number is 150.

150 grams is not a target for everyone. It is roughly where the 0.7 to 1.0 grams per pound guideline lands for someone in the 150 to 215 lb range. If you are not sure what your number should be, ask at your next visit rather than picking one.

Breakfast

35 to 40 g

Option 1: Big Scramble

- 3 eggs + ½ cup egg whites
- 1 oz cheese, spinach, peppers
- ~35 g protein

Option 2: Yogurt Bowl, Loaded

- 1 cup Greek yogurt + ½ scoop protein powder
- Berries, hemp seeds, almond butter
- ~35 to 40 g protein

Dinner

45 to 50 g

Option 1: Salmon Plate

- 7 oz salmon
- ½ cup lentils, roasted veggies
- ~50 g protein

Option 2: Steak + Potatoes

- 6 oz steak
- Potatoes, greens
- ~45 g protein

Lunch

40 to 45 g

Option 1: Chicken Bowl

- 6 oz grilled chicken
- Rice or potatoes, veggies, olive oil
- ~45 g protein

Option 2: Turkey Wrap + Side

- High-protein wrap, 5 oz turkey, cheese
- Side of cottage cheese
- ~45 g protein

Snack

20 to 25 g

Option 1: Shake

- 1 scoop protein powder + water or milk
- ~20 to 25 g protein

Option 2: Cottage Cheese

- 1 cup cottage cheese + fruit
- ~25 g protein

Option 3: On the run

- Protein water, protein coffee or a shake ~15 to 30 g

GOING FROM 100 TO 150 WITHOUT EATING ALL DAY

Add to meals you already eat rather than adding a meal. Fifty grams spread across four meals is twelve grams a meal. An extra egg, two more ounces of meat, a half scoop in the yogurt.

Breakfast is usually where the gap is. Most people start at ten to fifteen grams and never catch up. **And drink one of them** on the days that get away from you.

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

Protein is what makes the loss come from fat rather than muscle. That is the difference between smaller but softer, and leaner and stronger. Every Yoo Direct Health patient gets an InBody scan twice a year, and your target is built around lean mass, not bodyweight.

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