

FREE GUIDE

ROOTS FIT & WELLNESS

THE HIGH-PROTEIN STARTER GUIDE

*Your simple, no-overwhelm guide to hitting your protein goals —
no chicken breast required.*

Why Protein Matters

Your body is something to build, not something to punish.

"I keep hearing I need more protein, but I don't know what that actually looks like on my plate." This guide exists because you deserve real, doable answers — not another vague rule about eating clean.

Protein is the building block for the muscle you're working so hard to build in the gym. It keeps you fuller longer, helps stabilize your energy through the day, and supports recovery between workouts so you can actually show up for your next session. Most women simply aren't eating enough of it — not because they're doing anything wrong, but because no one ever showed them what "enough" actually looks like.

100G

DAILY PROTEIN TARGET

10

FOODS BEYOND CHICKEN

3

SAMPLE PLATES

1

FULL GROCERY LIST

WHAT MAKES THIS GUIDE DIFFERENT

Nothing is generic.

Real food combinations you can build a plate from today, not just numbers on a chart.

It's not chicken-breast-only.

Ten different proteins so your week doesn't feel like the same three meals on repeat.

It travels with you.

A restaurant-ready framework so eating out doesn't undo your progress.

It's built to be revisited.

Keep it on your phone or tucked in your planner as a standing reference, not a one-time read.

What Does 100g of Protein Look Like?

Protein needs vary by person, but 100g is a great everyday benchmark for a woman prioritizing strength. Here are three real, doable ways to get there.

THE WHOLE-FOOD PLATE	THE SHAKE-FRIENDLY DAY	THE MOSTLY-PLANTS DAY
4 whole eggs 24g	1 scoop protein powder 24g	1 cup edamame 17g
1 cup cottage cheese 28g	1 cup Greek yogurt 20g	14 oz firm tofu 40g
6 oz grilled chicken breast 48g	3 oz salmon 22g	1 cup cooked black beans 15g
	1 cup cooked lentils 18g	1 cup Greek yogurt 20g
	2 tbsp peanut butter 8g	1/4 cup almonds 8g
TOTAL ~100g	TOTAL ~92g	TOTAL ~100g

Numbers are approximate and will vary by brand and preparation — use this as a visual reference, not an exact science.

QUICK TIP

You don't have to hit 100g in one sitting. Spreading protein across 3-4 meals — roughly 25-30g each — is easier on digestion and keeps you fuller and steadier through the day than trying to cram it all in at dinner. If you're new to this, start by adding one more protein source to the meal you already eat the least of.

10 High-Protein Foods Beyond Chicken

Chicken breast is a great option — but it's not the only one. Rotate these into your week to keep meals interesting while still hitting your protein goals.

FOOD	PROTEIN	WHY IT WORKS
Greek Yogurt (plain)	~20g / cup	Great for breakfast or a quick snack with berries.
Cottage Cheese	~25g / cup	Underrated. Sweet or savory, it works either way.
Eggs	~6g / egg	Cheap, versatile, and a complete protein.
Salmon	~22g / 3 oz	Bonus omega-3s to support recovery.
Lentils	~18g / cup, cooked	Budget-friendly and easy to batch cook for the week.
Edamame	~17g / cup	A satisfying snack straight from the freezer.
Tuna (canned in water)	~20g / can	Pantry staple with zero prep required.
Ground Turkey (93/7)	~28g / 4 oz	A lighter swap for ground beef in any recipe.
Protein Powder	~20-25g / scoop	The simplest way to close a gap at the end of the day.
Tofu (firm)	~10g / 3 oz	Absorbs whatever flavor you cook it in — very versatile.

The Ultimate High-Protein Grocery List

Take the guesswork out of shopping. Check off what you need before you head to the store.

PROTEINS (ANIMAL)

- ☐ Chicken breast
- ☐ Ground turkey
- ☐ Eggs
- ☐ Salmon
- ☐ Tuna
- ☐ Shrimp
- ☐ Lean ground beef
- ☐ Pork tenderloin

DAIRY

- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Milk or protein milk
- ☐ String cheese
- ☐ Kefir
- ☐ Cheddar or mozzarella

PLANT-BASED

- ☐ Tofu
- ☐ Tempeh
- ☐ Edamame
- ☐ Lentils
- ☐ Black beans
- ☐ Chickpeas
- ☐ Quinoa

PANTRY + SNACKS

- ☐ Protein powder
- ☐ Protein bars
- ☐ Peanut or almond butter
- ☐ Beef jerky
- ☐ Roasted chickpeas
- ☐ Protein pasta

FROZEN + CONVENIENCE

- ☐ Frozen shrimp
- ☐ Frozen chicken breast
- ☐ Frozen edamame
- ☐ Pre-cooked lentils
- ☐ Rotisserie chicken

ON THE GO

- ☐ Individual Greek yogurt cups
- ☐ Hard-boiled eggs
- ☐ Tuna packets
- ☐ Protein shakes
- ☐ Trail mix with nuts

How to Order Healthy at Any Restaurant

Eating out doesn't have to knock you off track. Use this simple framework anywhere on the menu — no calorie counting required.

1 Start with protein.

Decide on your protein first, mentally, before you even look at sides.

2 Ask for sauce on the side.

You control how much goes on, not the kitchen.

3 Swap fries for veggies.

A side salad or steamed vegetables when the menu allows it.

4 Ask for grilled, not fried.

Most kitchens are happy to accommodate the swap.

5 Build your own bowl.

Bowl-style restaurants make hitting your protein goal easy.

6 Pick one indulgence, not three.

Bread and a drink and dessert is where meals get out of hand.

7 Drink water first.

You'll naturally order more intentionally once you're not starving.

8 Remember it's one meal.

Normalize eating out without letting it derail your whole week.

CONSISTENCY BUILDS THE HABITS THAT LAST

This guide will do its job if you actually use it — one plate, one grocery trip, one meal out at a time. You don't need to be perfect. You need real options and a little consistency, and the results follow.

*Small choices, repeated consistently, become the
foundation of who you become.*

Share your progress and tag @RootsFitWellness —
I'd love to celebrate it with you.