

GlucoseGoddess® Protein Guide

How much protein do we need in one day?

✓ **1 gram of protein per pound** of body weight

(which is approximately the same as)

✓ **2 grams of protein per kilograms** of body weight

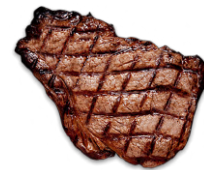
Which foods contain 20 grams of protein?



3 eggs



½ chicken breast
(75g/2.5oz)



½ portion of beef, duck, porc
(75g/2.5oz)



1 small portion of fish
(100g/3.5oz)



1 chunk of parmesan cheese
(50g/2oz)



1 large portion of
full fat Greek yogurt
(200g/7oz)



2½ cups of cow's milk
(600mL/20fl.oz)



1 can of lentils
(250g/8oz drained)



1 can of chickpeas
(250g/8oz drained)



3 big handfuls of nuts
Like cashew, almonds, hazelnuts,
pistachios, peanuts (100g/2.5oz)



5-6 tablespoons of nut butter
(80-100g)



1 scoop of protein powder



½ block of tempeh
(100g/3.5oz)



1 big block of tofu
(250g/8oz)



1 cup of cottage cheese
(200g/7oz)

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Here's an example

👉 If you weigh 70 kilograms, multiply 70 by 2, and you get 140. That means ideally you need **140 grams of protein per day**.

👉 If you need to eat 140 grams of protein per day, **choose 7 portions** from the list above. For example:

- 3 eggs at breakfast (20g)
- 1 large portion of meat at lunch (2 x 20g)
- 1 greek yogurt at lunch (20g)
- 3 handful of nuts as a snack (20g)
- 1 portion of fish at dinner (20g)
- 1 can of lentils at dinner (20g)

✨ Top tip: if you currently don't eat much protein, this goal may feel like a lot. So just focus on doing your best: with every additional portion of protein towards your goal, you are helping your body.

📌 Note: this protein intake calculation is the one that works for people with a BMI lower than 30. For people with a BMI higher than 30, the goal should be less, around 1 gram per kilogram of bodyweight (or about 0.5 grams per pound of bodyweight).