



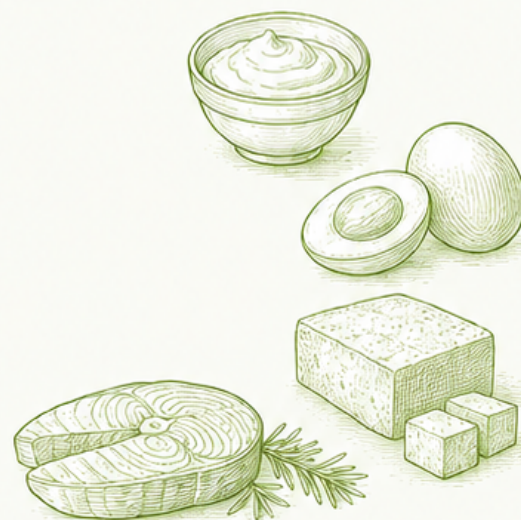
Protein Checklist™

Check whether you are including meaningful sources of protein throughout your meals and snacks.

Use this as a quick review, not a test. Check what is already working and circle one area you would like to strengthen.

My Daily Protein Foundations

- ☐ I can identify a clear protein source in my first meal of the day.
- ☐ I include a protein source at most of my main meals.
- ☐ My protein portions are substantial enough to make meals satisfying.
- ☐ If I need a snack, I consider including a protein-rich food.
- ☐ I keep a few convenient protein options available for busy days.
- ☐ I vary my protein sources across the week.
- ☐ I include plant-based protein foods when they work for me.
- ☐ I pay attention to how my meals affect hunger, energy and cravings.
- ☐ I adjust my choices for my appetite, activity and health needs.



Where Is My Protein Today?

Breakfast or first meal: _____

Lunch: _____

Dinner: _____

Snack, if needed: _____

- ☐ Included
- ☐ Included
- ☐ Included
- ☐ Included



Protein Foods I Can Keep on Hand

- | | | | |
|---|--|---|---------------------------------------|
| ☐ Eggs | ☐ Chicken or turkey | ☐ Beans or lentils | ☐ Other: _____ |
| ☐ Greek yogurt | ☐ Fish or seafood | ☐ Edamame | |
| ☐ Cottage cheese | ☐ Tofu or tempeh | ☐ Unsweetened protein powder | |



One Small Step

This week, I will add or strengthen protein at: _____



Martine's Midlife Wellness Tip

If you are unsure where to begin, look at the meal that leaves you hungrier the soonest and check its protein source.



Protein needs vary. Adjust for allergies, kidney or other medical conditions, medications and guidance from your healthcare provider.