

ABUNDANT  
HEALTH  
*with Melissa*

# DAILY PROTIEN GUIDE

# Improve Time in Range with Daily Protein

Protein is crucial for diabetes management, preserving lean muscle, maintaining bone density, keeping you full, preventing sugar spikes, and curbing cravings between meals.

- Be mindful of your current protein intake and gradually increase it.
- Include veggies, fiber, lean protein, and healthy fats in your diet.
- Start by identifying protein options in your kitchen, see suggestions below.
- Prioritize 25–30 grams per meal or a minimum of 100 grams daily.
- Consume protein and fat first to slow carb absorption.



## **TAKE ACTION:**

**THIS WEEK: INCLUDE 30-40 GRAMS OF PROTEIN FOR YOUR FIRST MEAL, USING THE LOG TO TRACK.**

# Sources of Animal Protein

*Choose sources that are:  
organic, grass fed, wild-caught.*



1 Lean beef -  
18-26g per 4 oz.



2 Chicken -  
26g per 4 oz.



3 Eggs -  
7g per egg



4 Turkey -  
25 g per 4 oz.



5 [Bone Broth \(click for recipe\)](#). - 10g per 1 cup



6 Fatty Fish: Tuna, Salmon, Tilapia, Flounder, Grouper - Approx. 15-20g per 4 oz

## Grab & go protein options:

Beef/turkey sticks, hard-boiled egg, collagen protein shake, smoothie with protein powder, bone broth.

# Sources of Plant Based Protein

For those preferring plant-based options, legumes, tofu, and quinoa offer ample protein and additional nutrients crucial for overall well-being.



**Beans - 31g/cup**



**Lentils - 24g/cup**



**Tempeh - 34g/cup**



**Raw Nuts - 6g/1 oz.**



**Chia, flax, basil, hemp seeds  
5-10g/Tbsp.**



**Edamame - 18g/cup**



**1 Avocado - 5g**



**Tofu - 10g per 3/4 cup**



**Cottage cheese - 24g/cup**



**Yogurt - 12g per 1/2 cup**



**Roasted Chickpeas - 8 g/cup**

# TRACK WEEKLY PROTEIN

DATE	MON	TUS	WED	THU	FRI	SAT	SUN
TIME IN RANGE %							
DAILY PROTEIN GOAL							
BREAKFAST 30-40 GRAMS							
LUNCH							
DINNER							
OTHER							
	DAILY TOTALS			ACTION STEPS			

*YOUR GO TO*

# RESOURCE LIST

## EP 80 - FOUNDATION FIRST: 3 KEY NUTRIENTS TO SUPPORT YOU THROUGH PERIMENOPAUSE

**IN THIS EPISODE,** I HIGHLIGHT THE IMPORTANCE OF BUILDING A STRONG FOUNDATION IN HEALTH BEFORE CONSIDERING HORMONE REPLACEMENT THERAPY, SHARING PERSONAL EXPERIENCES WITH GUT HEALTH AND THE IMPACT ON WOMEN TRANSITIONING INTO PERIMENOPAUSE.

### TYPE 1 IN MIDLIFE

*with Melissa Stamp*

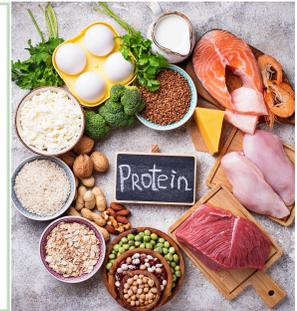
EPISODE 80

Foundations First:  
3 Key Nutrients to  
Support You Through  
Perimenopause



## THE IMPACT OF PROTEIN AND RESISTANCE TRAINING WITH T1D

**BLOG,** IN MIDLIFE, FOCUSING ON PROTEIN, AIMING FOR 25-30 GRAMS PER MEAL OR A MINIMUM OF 100 GRAMS DAILY, BECAME A PRIORITY FOR ME. READ MORE...



## IMMUNE BOOSTING & COLLAGEN RICH BONE BROTH

**ENJOY THIS RECIPE!**

