

On-the-Go Protein Mastery: More Gains Less Stress

1

Quick Protein-Packed Breakfasts

Prepare overnight oats with Greek yogurt and almonds. This takes minutes to assemble the night before and provides a protein-rich start to the day.



2

Protein-Packed Snack Stash

Keep a variety of portable protein snacks at your desk, like jerky, protein bars, or a mix of nuts and seeds. These require no preparation and offer a quick energy boost.



3

Batch Cooking Protein Sources

Cook a large batch of grilled chicken or roasted chickpeas on weekends. Divide into portions for the week, making it easy to add protein to salads, wraps, or bowls.



4

Protein-Rich Smoothies

Blend a smoothie with protein powder, almond milk, a banana, and a spoon of nut butter. This makes for a quick and nutritious on-the-go option.



5

Strategic Protein in Lunch and Dinner

Opt for protein-rich main dishes such as grilled salmon, tofu stir-fry, or lentil curry when ordering lunch or preparing dinner. Pair with vegetables and whole grains for a balanced meal.

