# 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**

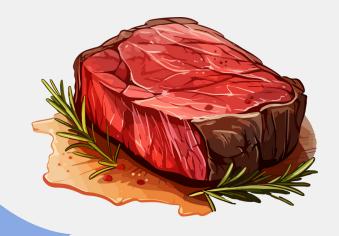
Keep a variety of portable protein snacks at your desk, like jerky, protein bars, or a mix of nuts and seeds. These require no preparation and offer a quick energy boost.



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.



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# **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.



