

YOUR FREE READER'S COMPANION

The High-Protein Toolkit

A companion to The 30-Gram Protein Cookbook · by Lena Foster

Thanks for picking up the book. This is the part you keep where you cook and shop: the one-page tools that turn "eat more protein" into a plate you can actually build. Print the tracker and stick it on the fridge, keep the cheat-sheet in your phone for the grocery aisle, and use the planner on Sunday before you shop. Real numbers, pulled straight from the charts in the book, no filler.

Almost nobody misses their protein because they lack willpower. They miss it because breakfast and lunch come up short and dinner can't carry the whole day. Fix the first two meals and the target takes care of itself. Keep these pages close and aim for 30 grams a plate, three or four times a day. That's the whole game. — Lena

The Build-a-30g-Plate System

You do not need to weigh, calculate, or obsess. Every solid meal is the same three moves: anchor it with a protein, round it out, and check you cleared 30. Do this three or four times a day and the daily total lands on its own.

1. Anchor (aim for 25-35 g). Start the plate with one real protein source and portion it by hand. A palm-sized piece of cooked chicken, beef, pork, fish, or tofu is roughly 4 oz and carries most of your 30 grams.
2. Support (add 5-15 g). Layer a second protein so no single food has to do everything: a spoon of Greek yogurt, an egg, a scoop of cottage cheese, a handful of edamame, a wedge of cheese, a spoon of hemp seeds.
3. Fill and flavor (0-5 g). Vegetables, a starch, sauce, fruit. These make the meal a meal. They add a little protein and a lot of satisfaction, but they are not what gets you to 30.
4. Check the number. Glance at the cheat-sheet below and add up the anchor plus the support. Under 30? Add one more support food, not a whole new dish.

The hand guide (no scale needed): one palm of cooked meat or fish = ~4 oz = ~30 g protein. One cupped hand of cooked beans or lentils = ~1/2 cup. One thumb of cheese or nut butter = ~1 oz or 1 tbsp. Your hand scales with you, so it travels and it never lies.

Protein Cheat-Sheet: Grams Per Real Serving

The fastest way to hit 30 is to know what a normal serving actually carries. These are cooked, ready-to-eat servings unless noted, rounded so you can add them in your head at the counter. Photograph this page and keep it on your phone.

Anchors (build the plate around one of these)

Food	Common serving	Protein
Chicken breast, cooked	4 oz (113 g)	35 g
Sirloin steak, cooked	4 oz (113 g)	33 g
Ground turkey 93/7, cooked	4 oz (113 g)	31 g
Lean ground beef 90/10, cooked	4 oz (113 g)	31 g
Pork tenderloin, cooked	4 oz (113 g)	30 g
Chicken thigh, cooked	4 oz (113 g)	28 g
Salmon, cooked	4 oz (113 g)	29 g
Tilapia, cooked	4 oz (113 g)	30 g
Canned tuna, in water	1 can (5 oz), drained	30 g
Shrimp, cooked	4 oz (113 g)	24 g
Tempeh	4 oz (113 g)	24 g
Firm tofu	6 oz (170 g)	15 g

Supports (stack one or two to top off a plate)

Food	Common serving	Protein
Greek yogurt, nonfat	1 cup (245 g)	23 g
Cottage cheese, low-fat	1 cup (226 g)	24 g
Edamame, shelled	1 cup (155 g)	17 g
Lentils, cooked	1 cup (198 g)	18 g
Black beans, cooked	1 cup (172 g)	15 g
Chickpeas, cooked	1 cup (164 g)	15 g
Egg	1 large	6 g
Egg whites	1/2 cup	13 g
Cheddar or mozzarella	1 oz (28 g)	7 g
Hemp seeds	3 tbsp (30 g)	10 g

Peanut butter	2 tbsp (32 g)	8 g
Whey protein powder	1 scoop	25 g

Boost the Protein in Any Recipe

You never need a new recipe to fix a low-protein meal. You need a handful of reliable add-ins and the grams they carry. Keep this list in your head and you can rescue almost any plate.

Add this	To this	Adds
1 scoop whey or plant powder	oats, smoothie, pancake batter, yogurt	22-25 g
1/2 cup egg whites	scrambles, oats (stir in while cooking), baked goods	13 g
1/2 cup cottage cheese	pasta sauce, scrambled eggs, smoothies (blended smooth)	12 g
1/2 cup Greek yogurt	sauces, dips, dressings, in place of sour cream or mayo	11 g
1/2 cup edamame or lentils	soups, salads, grain bowls, pasta	8-9 g
3 tbsp hemp seeds	salads, oatmeal, yogurt, blended into sauce	10 g
1 oz grated cheese	eggs, veg, beans, soups	7 g

The rule of thumb: if a meal lands under 30, add one support worth 10-15 grams rather than doubling the whole dish. It keeps the calories sane and the number honest.

Your Weekly Macro Tracker

The pattern shows itself fast once you write it down. Fill one row per meal for one week. You are not chasing perfection, you are looking for the meal that keeps coming up short, because that is the one worth fixing first. Print a fresh copy each week.

Day	Breakfast (P)	Lunch (P)	Dinner (P)	Snack (P)	Day total	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Target line: aim for 30 g protein per meal, and a daily total of roughly 0.7-1 g of protein per pound of your goal bodyweight. For most people that lands between 100 and 150 g a day. Hit the per-meal number and the daily total tends to follow.

Meal-Prep Planner

Twenty minutes on Sunday buys you a week of hitting the target on autopilot. Pick your anchors first, cook them in bulk, and let the supports and vegetables rotate.

Map the week

Slot	Plan	Anchor cooked ahead?
Breakfasts (x5)		
Lunches (x5)		
Dinners (x5)		
Snacks (x5)		

The batch-cook shortlist

- Cook once, eat all week: 2-3 lb chicken breast or thighs, a tray of ground turkey or beef, a pot of lentils, a dozen hard-boiled eggs, a batch of egg muffins.
- Buy grab-and-go supports: Greek yogurt, cottage cheese, string cheese, edamame, canned tuna, a tub of protein powder.
- Portion on cooking day: divide anchors into 4 oz servings in containers so a 30 g plate is just "grab one anchor, add one support."

Smart grocery list template

Category	Items to buy this week
Anchors (meat, fish, tofu)	
Supports (dairy, eggs, beans, powder)	
Vegetables & fruit	
Starches & grains	
Flavor (sauces, spices, oils)	

One habit beats every trick here: portion your protein the day you cook it. A fridge full of pre-portioned anchors is the difference between a 30 g plate in two minutes and a bowl of cereal because you were tired. Keep this planner where you write your list, and the whole week gets easier.