



The Simple High Protein Cheat Sheet for Midlife Women

High-Protein Foods for Midlife Women

Lean Meats & Fish

Chicken breast, Turkey, Salmon, Tuna, Cod, Prawns

Lean beef (mince, steak, sirloin) Lean pork (loin, tenderloin, pork medallions)

Dairy & Eggs

Greek yogurt, Cottage cheese, Eggs

Plant-Based Protein

Lentils Chickpeas Black beans Quinoa Edamame

Nuts & Seeds

Almonds Walnuts Chia seeds Hemp seeds Pumpkin seeds


Cheese & Dairy Alternatives

Low-fat cheese Feta Halloumi Unsweetened soy yogurt

Other Easy Sources

Protein shakes – A quick, convenient way to hit your daily protein goals.

High-protein snacks – Supermarkets now stock a huge range of high-protein bars, yogurts, and desserts. If you're short on time, these are a great grab-and-go option, and most are calorie counted to make tracking easy.

 Tip: Aim to include a palm-sized portion of protein in each meal!

The Recommended Daily Intake

Midlife women should aim for 100–120g of protein per day, depending on body size, activity, and goals.

Meat & Poultry

Chicken breast (100g) = 31g of Protein

Turkey breast (100g) = 29g of Protein

Lean beef mince (100g cooked) = 26g

Sirloin steak (100g cooked) = 27g

Pork loin (100g) = 25g

Fish & Seafood

Salmon (100g) = 25g

Tuna (100g canned in water) = 24g

Cod (100g) = 20g

Prawns (100g) = 24g

Dairy & Eggs

Greek yoghurt (150g) = 15g

Cottage cheese (100g) = 11g

Cheddar cheese (30g) = 7g

Eggs (2 medium) = 12g

Plant-Based Options

Tofu (100g) = 10g

Tempeh (100g) = 18g

Edamame (100g) = 11g

Mixed nuts (30g) = 6g

Peanut butter (1 tbsp) = 4g

Extras & Snacks

Protein shake (1 scoop/30g) = 20–25g

Protein bar (1) = 15–20g

Milk (200ml semi-skimmed) = 7g

Protein oats (40g oats + 1 scoop whey) = 25–30g

Sample Day of Eating

Here's a simple food day to help you structure meals:

Meal 1: Omelette with mixed veg OR protein shake with berries

Meal 2: Large salmon salad with olive oil dressing

Meal 3: Sliced chicken/Turkey, apple, celery, cucumber, a handful of berries

Meal 4: Chicken or Turkey with roasted veg & sweet potato

Top Tip:

Try saving most of your carbs (like sweet potato) for your evening meal. This can help with cravings, sleep, and recovery.

 Also: Add protein early in the day—this sets your blood sugar and energy levels up for success.

Batch Cook + Plan Ahead

The more you prep, the less likely you'll grab whatever's nearby when you're tired or rushed.

- Cook a double dinner portion and save half for lunch tomorrow.
- Have chopped veg, berries, boiled eggs, or protein bars ready to go.
- Make planning a non-negotiable part of your Sunday routine.