

30g Portions | Animal + Plant | Printable

The Protein Cheat Sheet for GLP-1 Users

Hit 30g Per Meal Without Guessing



By **GrabGuides**

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The GLP-1 protein rule

On GLP-1 medications like Ozempic, Wegovy, and Mounjaro, you lose weight fast, but a meaningful chunk of that loss can be lean muscle unless you defend it. The research-backed target is 1.2 to 1.6 grams of protein per kilogram of body weight per day, which usually works out to about 30g of protein per meal across three meals.

30g

Per meal

1.2-1.6

g/kg daily

3

Meals a day

[CALC] Your personal daily target

Weight in pounds divided by 2.2, times 1.4. Example: 180 lbs = 82 kg = about 115g protein. Split across 3 meals = about 38g per meal. Close to 30g is fine.

Animal protein: what 30g looks like

Food	Portion for 30g	Notes
Chicken breast	4 oz cooked	Lean, easy to batch cook
Chicken thighs	4.5 oz cooked	Cheaper, tastes better
Ground turkey 93/7	4 oz cooked	Swap 1:1 for beef
Salmon	4.5 oz cooked	Omega-3s bonus
Canned tuna	4 oz (1 can)	Fast, nausea-friendly
Eggs	5 large	Or 2 eggs + 1 cup whites
Greek yogurt	1 cup (non-fat)	Cold, easy on nausea
Cottage cheese	1 cup (low-fat)	28g, close enough

Plant protein: what 30g looks like

Food	Portion for 30g	Notes
Extra-firm tofu	8 oz	Press and pan-fry
Tempeh	5 oz	Nuttier, fermented
Edamame shelled	1.5 cups	Frozen bag, microwave
Lentils cooked	3 cups	Bulky, pair with whey
Chickpeas cooked	3 cups	Best as 2 cups + shake
Plant protein powder	1 scoop + 1 cup soy milk	Fastest 30g

Protein per dollar (ranked)

Food	Cost per 30g	Verdict
Eggs	\$0.80	Best value, any budget
Cottage cheese	\$0.90	Swaps in anywhere
Chicken thighs	\$1.10	Protein per lb champion
Canned tuna	\$1.20	Pantry staple
Chicken breast	\$1.40	Lean, versatile
Greek yogurt	\$1.50	Cold and nausea-friendly
Ground turkey	\$1.80	Swap for beef
Salmon	\$3.50	Splurge, worth it

Nausea-day protein picks

- Greek yogurt with honey (cold, smooth)
- Whey protein shake with kefir + banana
- Cottage cheese with fruit
- Bone broth plus a scoop of collagen
- Soft scrambled eggs
- Canned tuna mixed into mashed avocado

[TIP] Quick mental shortcut

Palm of chicken = about 30g. Cup of Greek yogurt = about 25g. Two eggs + one cup of whites = about 30g. One scoop of protein powder = about 25g. If a meal has one of these, you are on target.

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

The GLP-1 Strength Preservation Plan - \$22

grabguides.com/products/glp-1-strength-plan

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