



ELEVATE 
PROTEIN HACKS

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You don't need to live on chicken breasts or protein shakes to get results.

But if you're serious about energy, strength, recovery and body composition, protein needs to take centre stage.

Most people under-eat it without realising.

This guide gives you simple, sustainable strategies to increase your protein intake whether you're eating at home, on the road, or in a restaurant.

Minimum Goalposts:

- ✓ Men: Aim for 130g+ per day
- ✓ Women: Aim for 100g+ per day

Golden Rule:

Before every meal, ask: "Where's my protein coming from?"



Gavin Walsh

Head Coach

Why Protein Matters

- Supports lean muscle and fat loss
- Keeps you fuller for longer (reducing snacking and cravings)
- Improves focus and stabilises blood sugar
- Aids recovery and performance
- Helps maintain strength and metabolism as you age

💡 Protein isn't just for the gym. It's the foundation of resilience and performance.

Everyday Protein Boosts

Breakfast Upgrades:

- Swap cereal or toast for Greek yoghurt, eggs, or a smoothie with whey protein
- Add unflavoured protein powder to oats or overnight oats
- Use cottage cheese or skyr as your base instead of low-protein yoghurts

Lunch Upgrades:

- Add a palm-sized portion of protein (chicken, tuna, eggs, tofu) to every salad or wrap
- Choose double meat or fish when eating out
- Keep a tub of boiled eggs or cooked chicken in the fridge for fast add-ins

Dinner Upgrades:

- Make protein the anchor: fish, chicken, lean beef, tofu, lentils
- Use higher-protein carb bases (quinoa, lentil pasta)
- Double your portion of protein if your goal is fat loss or muscle gain

Rapid Refuel Shake (Breakfast or Lunch Option):


When time's tight, blend:

- 1 scoop whey isolate (20–25g protein)
- 1 banana
- 200ml coconut milk or almond milk
- Handful of oats or berries (optional)

Snack Smarts

Protein snacks that actually work:

- Greek yoghurt + berries
- Jerky or biltong
- Protein shake (preferably clean isolate)
- Protein bar (aim for >15g protein, <5g sugar)
- Cottage cheese with fruit
- Tuna pot or boiled eggs

 **Rule of thumb:** every snack should earn its place, 10–20g of protein minimum.

✦ **Quick note on protein bars:** Most are glorified chocolate bars with a protein label slapped on. If the ingredients list reads like a chemistry set, steer clear!

A simple shake (whey, banana, coconut milk) is usually cleaner, cheaper, and easier to digest.

Quick Add-Ons That Stack Up

Little tweaks that add 20–40g extra daily without noticing:

- 1 scoop whey or vegan isolate: +20–25g
- 3 eggs: +18g
- 200g Greek yoghurt: +20g
- 100g cooked chicken: +25g
- 250ml milk: +9g
- 1 tin tuna: +30g
- 40g mixed nuts + protein bar combo: +20g

Minimal Effort Strategies

- Batch cook 2–3 protein options on Sunday (e.g. chicken, salmon, eggs)
- Keep sachets of whey or portable snacks in your bag or car
- Build meals around protein + veg, then layer carbs or fats depending on your day
- If travelling, take protein sachets or bars, don't rely on hotel buffets
- Use flavourless whey isolate in oats, yoghurt, soups or even pancake mix

Lazy Man's Protein Meals

(Quick, low-effort options for the work-from-home executive)

You don't need a chef's hat to hit your protein goal.

1. 3-Egg Power Omelette

- 3 eggs + a handful of spinach + cheese or ham.
- Add salsa or hot sauce if you want flavour without effort.

~25g protein in 5 minutes.

2. Protein Wrap

- Whole-grain wrap + chicken, tuna or turkey + a smear of hummus or yoghurt.
- Wrap, roll, done.

~30g protein.

3. Greek Yoghurt Bowl

- 200g Greek yoghurt + scoop of whey + berries + nuts.
- Sweet, filling and takes 60 seconds.

~35g protein.

4. Scrambled Eggs

- Crack 2-3 eggs + dash of milk in a mug, stir, microwave 90 seconds or fry for 2-3 mins.
- Add grated cheese, avocado, tomatoes or smoked salmon if you're fancy.

~25g protein.

5. Protein Smoothie (Breakfast or Lunch)

- Whey isolate + banana + coconut milk or almond milk + handful of oats, spinach, etc.
- Shake or blend and get back to work.

~30g protein.

6. Tinned Tuna Power Bowl

- 1 tin tuna + microwave rice pouch + olive oil or light mayo + chopped veg.

~40g protein in 3 minutes.

7. Cottage Cheese “Snack Lunch”

- Cottage cheese + sliced apple + handful of almonds.
- Low fuss, high impact.

~25g protein.

Clean Protein Picks

When choosing powders or supplements:

- Look for whey isolate or vegan isolate (pea/rice blend)
- Avoid unnecessary flavourings or sweeteners if cravings are an issue
- Aim for 20–30g per scoop, minimal ingredients

💡 Flavour can help at first, but over time, move towards cleaner, neutral blends to reset your taste buds.

7-Day Protein Challenge

Day 1: Track protein intake (awareness first)

Day 2: Add one protein source to breakfast

Day 3: Upgrade one snack

Day 4: Add an extra palm of protein to dinner

Day 5: Try one new high-protein recipe

Day 6: Hit your target two days in a row

Day 7: Reflect + plan go-to meals for next week

Final Takeaway

Protein is your leverage point. Hit it consistently and everything else gets easier: better recovery, appetite control, strength, focus, and long-term leanness.

Don't overcomplicate it. Just make "Where's my protein?" a daily reflex.