



Build Your “Break-Fast” Worksheet

Personalize your first meal of the day based on how you feel, how your body moves, and what your schedule looks like.

1. My Typical Mornings Look Like: (Check all that apply or jot down your own patterns.)

- ☐ I wake up hungry
- ☐ I have no appetite for hours
- ☐ I have to rush out the door
- ☐ I work from home / move slowly in the morning
- ☐ I take my GLP-1 shot in the morning
- ☐ I tend to feel more active or energetic in the morning
- ☐ Other _____

2. My Energy Needs Are Different If I’m...

- Sitting at a desk all morning
- Running errands / caregiving / staying busy
- Working out early
- Feeling sick, tired, or bloated
- Mentally overloaded / emotionally exhausted

Use this space to write what your typical morning feels like so we can build meals around that.

3. What Time Do I Usually Break My Fast?

(There's no "right" time, just what works for you.)

🕒 _____ AM / PM



4. Three Go-To Protein-Rich Meals or Snacks I Enjoy:

Meal/Snack Idea _____

Time I'd Eat This _____

How it Makes Me Feel _____

5. My Protein Target (Per Meal):

💡 Goal = 20–30g

I feel best when I aim for: _____ grams

Optional note:

My overall protein goal is about _____ grams per day (goal body weight = target grams).

FOODS THAT...

Feels Good in My Body	Tends to Feel Heavy or Upset My Stomach



Your Go-To Protein Cheat Sheet

Use this to build meals with 20–30 grams of protein.

Aim to include one of these at each meal or snack to protect muscle, manage fullness, and feel steady throughout the day.

There's space to add your own, too!



Animal Proteins (Cooked portions)

Food	Protein (approx.)
Chicken breast, 3 oz	26g
Ground turkey, 4 oz	30g
Salmon, 3 oz	17g
Tuna (canned in water), 1 can	26g
Deli turkey, 4 oz	20g
Egg, 1 whole	6g
Egg whites, 4	14g

Dairy & Dairy-Like Options

Food	Protein (approx.)
Greek yogurt, $\frac{3}{4}$ cup (2%)	15g
Cottage cheese, $\frac{3}{4}$ cup	20g
String cheese (2 sticks)	14g
Fairlife milk, 1 cup	13g
Protein pudding (Premier)	10g

Vegan & Plant-Based

Food	Protein (approx.)
Tofu, $\frac{1}{2}$ block (firm)	20g
Tempeh, $\frac{1}{2}$ cup	16g
Cooked lentils, 1 cup	18g
Cooked quinoa, 1 cup	8g
Edamame, 1 cup	17g
Hemp seeds, 3 tbsp	10g
Old-fashioned oats $\frac{1}{2}$ cup	5g

⚡ Easy Add-Ons

Food	Protein (approx.)
2 tbsp peanut butter	8g
¼ cup nuts	5-7g
2 tbsp hummus	2g
¼ cup granola	4g
1 protein bar (check label)	10-20g

+ Add Your Own

Food	Protein (g)