

The Busy Woman's Guide to Protein

Why it matters. How much you need. Easy ways to get it in.

Why Protein Matters (Especially for Busy Women)

You're juggling work, family, home life, and your health goals - protein is one of your secret weapons to help you stay strong, energized, and thriving. Here's why it's so important:

Muscle Repair & Strength

Supports muscle repair after workouts (especially strength training), and helps you build lean, firm muscle.

Energy & Fullness

Keeps you feeling fuller for longer, supports blood sugar balance, and gives you steady energy throughout the day.

Boosts Metabolism

Your body burns more calories digesting protein than carbs or fat. It also helps maintain muscle, which increases your resting metabolic rate.

Hormone & Mood Support


Protein helps regulate hormones, supports your mood, and assists in the production of key neurotransmitters like serotonin and dopamine.

Recovery & Sleep

Amino acids in protein aid overnight muscle recovery and can even support more restful sleep.

How Much Protein Should You Aim For?

A simple guideline:

 1.6–2.2g of protein per kg of body weight per day

Example:

If you weigh 70kg, aim for 110–150g of protein per day.

Tip: Spread your protein intake across the day - every meal and snack is a chance to nourish your body!

How to Hit Your Protein Goals (Without Overcomplicating It)

Breakfast Ideas (25–30g protein)

- 3 scrambled eggs with spinach + 2 slices of grain toast
- Protein smoothie: protein powder, Greek yoghurt, berries, almond milk
- Overnight oats with protein powder, chia seeds & nuts

Lunch Ideas (30–40g protein)

- Grilled chicken salad with avocado and quinoa
- Tuna + chickpea wrap with baby spinach and hummus
- Lentil + egg veggie bowl with feta

Dinner Ideas (30–40g protein)

- Stir-fried tofu or beef with veg + rice
- Baked salmon with sweet potato + greens
- Turkey meatballs with wholegrain pasta and greens

Snack Ideas (10–20g protein)

- Hard-boiled eggs
- Protein yoghurt or Greek yoghurt with berries
- Cottage cheese with fruit
- Handful of almonds + protein ball
- Protein shake or smoothie

Bonus Tip:

Don't stress about perfection. It's not about counting every gram - it's about getting enough consistently to support your energy, recovery, and results.

You deserve to feel strong, energized, and nourished - and protein plays a big part in that. 