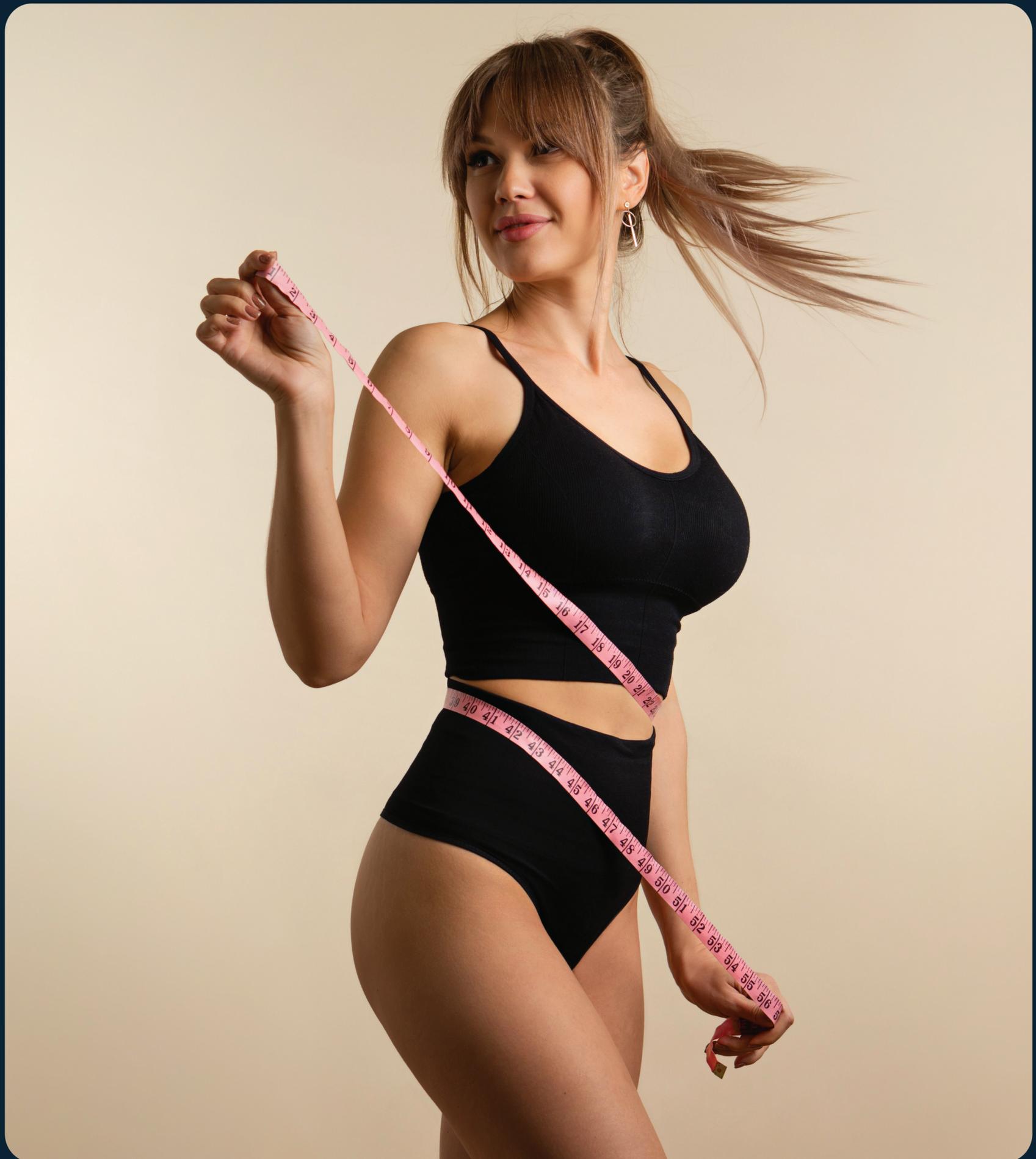


Protein Guide for Weight Loss



**DIRECT
PREVENTIVE
CARE**

Your Healthcare, Simplified.



Introduction

Protein is a key nutrient that supports muscle repair, growth, immune function, and overall health. The amount of protein a person needs depends on several factors—such as age, activity level, current body composition, and individual health goals. This guide will help you determine how much protein you may need, whether your aim is weight loss, muscle building, or maintaining your current wellness.



How much protein do you need?

People who are physically active generally require more protein to support muscle recovery and energy demands. Older adults often need additional protein to help counteract age-related muscle loss.

Those with certain medical conditions—like kidney-related issues—may need to limit their protein intake. Meanwhile, individuals focused on weight loss or improving muscle tone often need to increase their daily intake. For muscle growth, many experts recommend 1.6–2.2 grams of protein per kilogram of body weight each day. Before making significant dietary changes, it's always best to consult a healthcare professional.

Protein for weight loss

Protein helps increase feelings of fullness and reduces hunger between meals, making it an effective nutrient for weight management. A practical daily goal for many people is around 100 grams of protein, which usually looks like approximately 30 grams per meal.

How to get around 30 grams of protein per meal

Animal-based options

- Salmon, halibut, sardines, anchovies, mackerel
- Lean beef
- Skinless poultry
- Pork
- Eggs
- Plain kefir
- Plain Greek yogurt
- Cottage cheese

Plant-based options

- Tofu or sprouted tofu
- Tempeh
- Edamame
- Chia, hemp, or pumpkin seeds
- Walnuts and other nuts
- Lentils and beans
- Quinoa

Protein powders

- Whey protein – fast digesting, great after exercise
- Egg protein – pure & natural, lactose-free, no hormones or antibiotics
- Plant-based protein powders – suitable for dairy-free diets

Direct Preventive Care resources

The Direct Preventive Care features high-protein recipes and meal inspiration to help you reach your nutrition goals. You can also order high-protein shakes and meal replacement bars through Direct Preventive Care.

Protein considerations for those on GLP-1 medications

If you're using a GLP-1 medication for weight loss, keeping your protein intake high becomes especially important. These medications naturally reduce appetite, sometimes leading to fewer meals or unintentional calorie deficits. When calorie intake becomes too low, your body may begin to use muscle tissue for energy—not just fat.

Adequate protein intake, combined with resistance training, helps protect your muscle mass while losing weight.

Maintaining healthy muscle contributes to:

- A stronger and more efficient metabolism
- Lower risk of injuries
- Better support for joints and bones
- A healthier immune system

To help maintain muscle, aim to include a palm-sized serving of protein at each meal, along with protein-rich snacks throughout the day.

Sample daily protein plan (~100 grams)

	<h3>Breakfast</h3> <p>3 scrambled eggs + 1 slice whole-grain toast = ~20 g</p>		<h3>Snack</h3> <p>Greek yogurt with almonds = ~15 g</p>
	<h3>Lunch</h3> <p>Grilled chicken salad = ~35 g</p>		<h3>Dinner</h3> <p>Salmon + quinoa + veggies = ~35 g</p>

Tips for reaching your protein goals

01.



Spread protein intake throughout the day

Eating protein every 3–4 hours helps maintain muscle repair and optimize nutrient use.

02.



Include protein in your morning meal

Try yogurt, eggs, cottage cheese, or a protein shake.

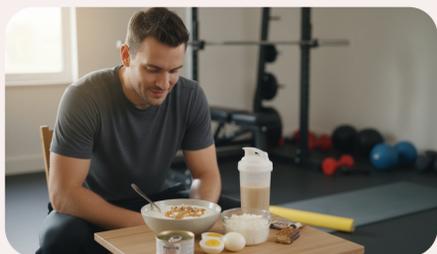
03.



Keep protein snacks available

Hard-boiled eggs, canned tuna, nuts, nut butter, string cheese, protein shakes, or high-protein bars are great options.

04.



Refuel after workouts

Aim for 20–40 grams of protein within a couple of hours of exercising.

Consult a professional

This guide provides general information and should not replace medical advice. Always talk to a licensed healthcare provider before starting any treatment or making major changes to your diet. You can begin a free online assessment at [DirectPreventiveCare.com](https://www.DirectPreventiveCare.com) to see whether weight-loss medications may be right for you.

Direct Preventive Care Protein Grocery List

Use this as a quick reference whenever you're shopping:

Animal proteins:

- Wild-caught salmon, halibut, sardines, anchovies, and mackerel
- Lean beef
- Poultry (skin removed)
- Pork
- Eggs

Dairy-based proteins:

- Plant kefir
- Plain Greek yogurt
- Cottage cheese

Plant-based proteins:

- Tofu, especially sprouted tofu
- Tempeh
- Edamame
- Hemp, chia, or pumpkin seeds
- Walnuts and other tree nuts
- Lentils and beans
- Quinoa

Protein supplements— one of the following:

- Whey Protein
- Egg Protein
- Plant-Based Protein