

HEALTH YOURSELF

Strong for Life

A Woman's Guide to Protein in Menopause & Beyond

Let's help you eat enough protein to lose fat, build strength, and stay powerful for decades to come.

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Why Protein Is Your Secret Weapon After 50

After menopause, protein goes from helpful to non-negotiable.

If you're eating "pretty healthy" but still feel like you're losing strength, softening around the middle, or watching the scale creep up despite your effort — protein is very often the missing link.

As estrogen declines, your body becomes more resistant to building and holding muscle (a shift called [anabolic resistance](#)). The same meals that kept you strong in your 30s and 40s simply aren't enough anymore. Eating enough protein is how you fight back.

Muscle is your metabolic engine — and your longevity insurance.

Protein is the raw material that builds and protects it. After 50, you have to be deliberate about getting enough, every single day.

Here's what enough protein does for you:

- 1 It protects your muscle.** Muscle is the first thing your body breaks down when protein runs short. Enough protein — paired with strength training — is your strongest defense against age-related muscle loss.
- 2 It drives fat loss.** Muscle is metabolically active tissue. The more you preserve, the more energy your body burns at rest, making fat loss easier and more sustainable.
- 3 It keeps you full.** Protein is the most satiating macronutrient, so you naturally eat less — without willpower battles or feeling deprived.
- 4 It guards your bones and independence.** Muscle and protein support bone density and the everyday strength that keeps you mobile, capable, and self-sufficient as you age.

How Much Protein You Actually Need

Your simplest, most important number.

Aim for **1.0 gram of protein per pound of your [adjusted body weight](#)**, every day. Your adjusted body weight starts from a healthy-weight estimate for your height, then adds back part of any extra weight you're carrying — so your protein target is realistic without being tied to the scale.

Example: a 140 lb adjusted weight → about 140g of protein per day.

That's roughly 35g of protein at each of four meals. It sounds like a lot until you see how easily real food adds up — which is exactly what the next sections show you.

Here's the truth: most women come to me eating barely half of this — often without realizing it. Closing that gap is frequently the single biggest change a woman can make for her body composition, energy, and strength.

You don't need to weigh every bite forever. Spend a few days loosely tracking your protein so you learn what your meals actually contain. Once you can eyeball it, you're set.

When to Eat It

This is the part most women miss.

Your total daily protein matters most — but [how you spread it out](#) determines how much of it your body can actually put to work building and protecting muscle. Three simple rules help you get the most from every gram:

1 Start strong

Get ~30g of protein within an hour of waking. A protein-rich breakfast steadies your appetite and energy for the entire day — and stops the mid-morning crash that drives cravings.

2 Spread it out

Aim for ~30g per meal. That amount hits the "leucine threshold" that actually switches on muscle-building. Tiny bits of protein grazed across the day don't reach it.

3 Refuel after a hard workout

Aim for at least 30g of protein within 30 minutes of a strength workout or HIIT. In that window your muscles are especially primed to take up protein and put it to work on repair and growth — so it really pays to eat soon after.

In short: hit your daily number, and aim for roughly 30g at each meal starting with breakfast. That's 90% of the game.

High-Protein Foods at a Glance

Build any meal around one of these.

FOOD	TYPICAL SERVING	PROTEIN
Chicken breast (cooked)	4 oz	35 g
Lean ground turkey or beef	4 oz	30 g
Canned tuna	1 can (5 oz)	30 g
Salmon (cooked)	4 oz	29 g
Whey / protein powder	1 scoop	25 g
Shrimp (cooked)	4 oz	24 g
Cottage cheese	1 cup	24 g
Greek yogurt (nonfat)	1 cup	20 g
Tofu (firm)	1 cup	20 g
Lentils (cooked)	1 cup	18 g
Edamame	1 cup	18 g
Eggs	2 large	12 g

These numbers are examples and approximate — actual protein varies by brand, cut, and how the food is prepared. Use them as a guide, not gospel.

Anchor every meal with a **25–35g protein source** from this list, then add: vegetables, fruit, carbs from whole food sources, healthy fats. Or combine smaller amounts from multiple sources — like eggs + yogurt, lentils + edamame — to reach your 30g target.

Your Easy Protein Playbook

Four easy options for each meal — every one lands around 30g.

✓ Breakfast

~30G EACH

Yogurt & eggs. 1 cup nonfat Greek yogurt with berries + 2 scrambled eggs. ~32g

Protein oats. ½ cup oats cooked with 1 scoop protein powder + berries. ~30g

Cottage cheese bowl. 1 cup cottage cheese + fruit + a sprinkle of nuts or seeds. ~30g

Big veggie scramble. 3 eggs + 2 turkey sausage links + spinach. ~30g

✓ Lunch

~30–35G EACH

Chicken power salad. 4 oz grilled chicken over greens + ½ cup chickpeas & olive oil. ~35g

Tuna plate. 1 can tuna + whole-grain crackers + veggies. ~30g

Turkey & cheese wrap. 4 oz deli turkey + 1 oz cheese in a high-protein wrap. ~32g

Salmon & quinoa bowl. 4 oz salmon + ½ cup quinoa + greens. ~32g

✓ Snack

~25–33G EACH

2-minute shake. 1 scoop protein powder blended with 1 cup milk and ice. ~33g

Greek yogurt & nuts. 1 cup nonfat Greek yogurt + a small handful of almonds. ~26g

Cottage cheese & fruit. 1 cup cottage cheese with pineapple or berries. ~25g

Jerky & edamame. 1 oz beef jerky + 1 cup edamame. ~27g

✓ Dinner

~30–35G EACH

Anchor & build. 4–5 oz salmon, chicken, or lean beef + vegetables + a smart carb. ~30–35g

Turkey chili. 1½ cups turkey & bean chili. ~30g

Shrimp stir-fry. 5 oz shrimp + veggies over ½ cup rice. ~30g

Plant power bowl. 1 cup firm tofu + ½ cup lentils + roasted veggies. ~30g

Your Daily Protein Checklist

Four simple habits that add up to a strong, protein-rich day.

Check these off every day

- ☐ **Protein-rich breakfast** (~30g) within an hour of waking.
- ☐ **A protein anchor at every meal** — aim for ~30g each.
- ☐ **Hit your daily target** (1.0g per lb of adjusted body weight).
- ☐ **Keep an easy backup on hand** — protein powder, Greek yogurt, jerky, or edamame.

Do this most days and the results take care of themselves. You don't need to be perfect — you need to be consistent. Anchor each meal with protein, keep a backup within reach, and let the habit build slowly in the background.

*"Muscle is the organ of longevity —
and protein is how you build it."*

Eating enough protein isn't about obsessing over food. It's about giving your body the raw material it needs to stay strong, lean, and capable for decades to come.

Start with a single change: a 30-gram protein breakfast tomorrow morning. Then build from there, one meal at a time.

You've got this!

This guide is a great start — but it's not the whole story. When you're ready to put it all together — protein, strength training, and the habits that make it stick — my program **Your Metabolic Reboot** shows you exactly how.

Get it at rachelfelber.com/book

Prefer 1:1 support? [Apply for a free consultation](#)

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