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sydneycummings\_  Check out my latest [@youtube #short](#) for my 5 Easy Sources of Protein video! From what I see in our community, people have the most trouble consuming enough protein when eating healthy and higher protein diets are superior to low protein in isocaloric diets when it comes to body fat loss and lean body mass retention!

Here are my TOP 5 Tips to help you consume more protein to stay fulfilled and to help your muscles recover:

1. Consume chicken, beef, turkey, or fish at your meals or increase your serving sizes to aim for 20-30g of protein.
2. Add beans, lentils, or quinoa to your daily intake for a plant based



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fish at your meals or increase your serving sizes to aim for 20-30g of protein.

2. Add beans, lentils, or quinoa to your daily intake for a plant based protein source!

3. Greek yogurt, cottage cheese, string cheese, or bite sized cheeses are great for snacks!

4. Eggs for breakfast, lunches (in salads!), or for dinner!

5. Supplement some whey or plant based protein powder in shakes, smoothies, yogurt, or as a fruit dip by mixing with water or milk!

My favorite is [@ghostlifestyle](#) and you can use code SYDNEY for 20% anything on their site!

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