



# *How to Get 100 Grams of Protein a Day*

Bible Diet-Approved

By Annette Reeder,  
The Biblical Nutritionist





Option 1:

*100g Animal Protein Plan*



## Meal

## Foods

## Protein

Breakfast

3 pasture-raised eggs +  
2 oz cottage cheese

32 g

Lunch

4 oz grilled chicken breast +  
1 cup cooked quinoa +  
mixed greens

43 g

Snack

½ cup Greek yogurt +  
1 Tbsp collagen

19 g

Dinner

3 oz wild salmon or  
grass-fed beef

22 g

Total

~100–110 g





# *Bible Diet Notes*

- ✓ Use clean meats (Leviticus 11): beef, lamb, venison, chicken, turkey, fish with fins and scales (salmon, cod, sardines).
- ✓ Avoid pork, shellfish, and processed meats.
- ✓ Choose pasture-raised, wild-caught, or grass-fed whenever possible. Pray for guidance to find the right sources.
- ✓ Include herbs like rosemary, garlic, or thyme to aid digestion and reduce inflammation.





Option 2:  
*100g Plant Protein Plan*



## Meal

## Foods

## Protein

Breakfast

Smoothie:

31 g

1 serving protein powder (20 g),  
2 Tbsp hemp seeds (6 g),  
2 Tbsp chia seeds (5 g),  
almond milk

Lunch

1 cup cooked lentils +  
½ cup quinoa +  
¼ cup sunflower seeds

29 g

Snack

½ cup hummus +  
½ cup roasted chickpeas +  
1 oz almonds

16 g

Dinner

1 cup black beans +  
½ cup brown rice +  
2 Tbsp pumpkin seeds

28 g

Total

~104 g

*\*Note: Although protein powders make it easier to reach protein goals, whole foods are best for the body.*





# *Bible Diet Notes*

- ✓ Use beans, lentils, seeds, and whole grains God created; these naturally complement each other for complete amino acids.
- ✓ Consider a digestive enzyme to improve protein absorption.
- ✓ Include vitamin C-rich foods (peppers, citrus) to enhance iron absorption.
- ✓ Avoid soy unless non-GMO, as well as processed powders and artificial flavorings.





*Protein Quick Add-Ons*





## Food

## Protein

1 cup cooked lentils

18 g

3 oz fish

22 g

½ cup Greek yogurt

10 g

¼ cup pumpkin seeds

8 g

2 Tbsp hemp seeds

6 g

*\*Note: Use these to mix and match meals easily throughout the week.*

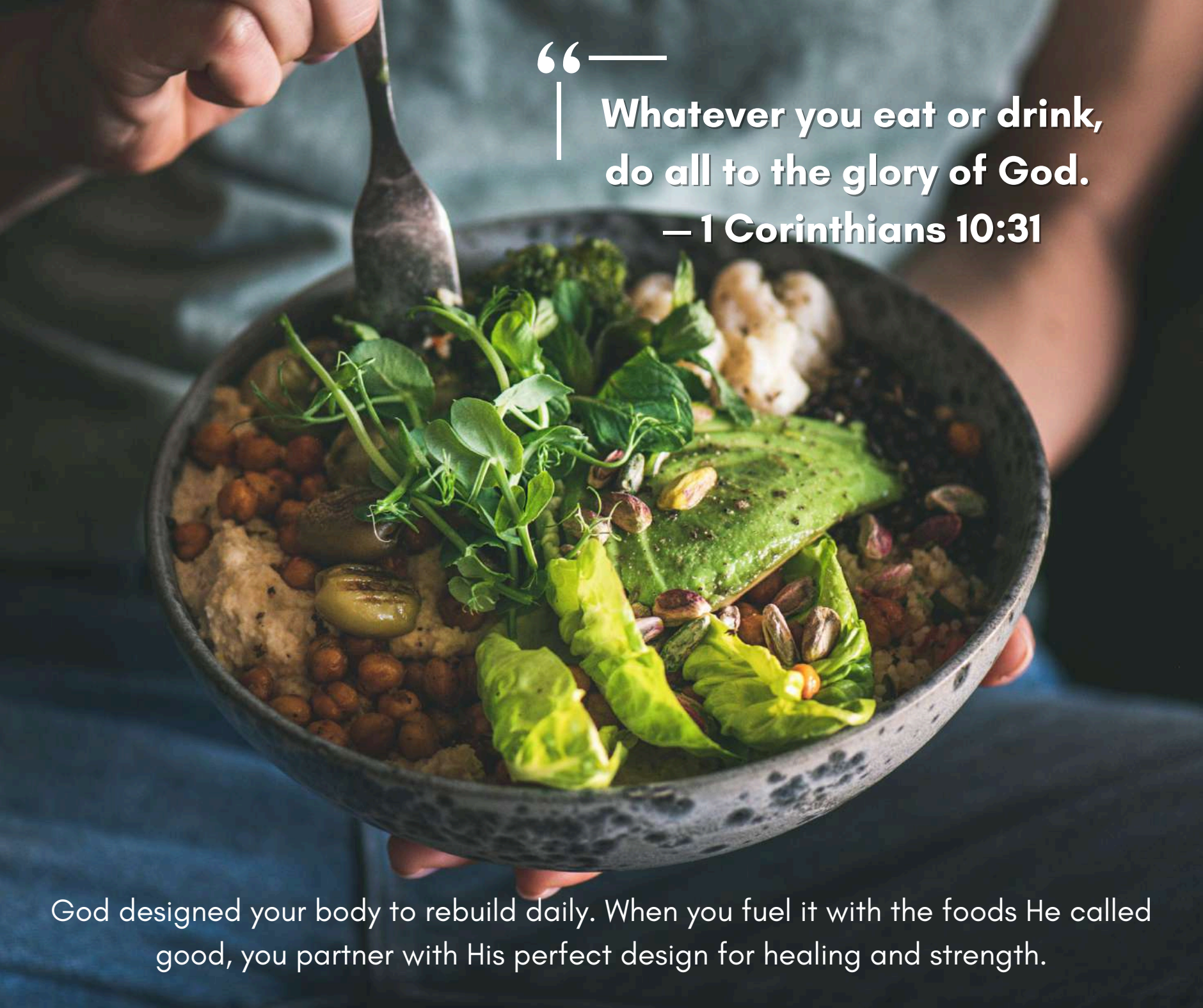






# Faith and Food Reflection



A close-up photograph of a person's hand holding a dark, speckled ceramic bowl filled with a variety of fresh ingredients. The bowl contains chickpeas, quinoa, avocado, leafy greens, and sprouts. A hand is visible at the top left, holding a silver fork that is partially submerged in the food. The background is blurred, showing a person's arm and a blue surface.

“—

**Whatever you eat or drink,  
do all to the glory of God.**

**— 1 Corinthians 10:31**

God designed your body to rebuild daily. When you fuel it with the foods He called good, you partner with His perfect design for healing and strength.





*Helpful Resources For You*



Here are some recommended products and tools to support your health and protein goals.

[Organixx Collagen Powder](#)

[Wild Pastures Meats](#)

[Country Life Natural Foods](#)

[Digestive Enzymes](#)

[Vitamix Blender](#)

[Exploratory Blood Panels](#)

