



ReBloom Strength

Nutrition & Fueling • Member Resource

PROTEIN REFERENCE GUIDE

STANDARD SERVING SIZES

Use this guide to meet your daily protein goal. Include a quality protein source at every meal and snack. Serving sizes shown are for cooked or prepared items unless otherwise noted.



DAILY PROTEIN TARGET

Most women benefit from prioritizing protein daily.

Your target is individualized.

Your personal number is in your ReBloom dashboard. Krystyl adjusts based on weight, goals & renal function. Questions? Reach out to Krystyl in support.



PROTEIN SUPPORTS MUSCLE, METABOLISM & HORMONAL HEALTH.



ANIMAL PROTEINS

Whole, single-ingredient animal proteins are naturally gluten-free and dairy-free.



FOOD	SERVING SIZE	PROTEIN
Chicken Breast (cooked)	3 oz	26 g
Turkey Breast (cooked)	3 oz	25 g
Lean Ground Turkey	3 oz	22 g
Lean Ground Beef (93% lean)	3 oz	22 g
Sirloin Steak	3 oz	26 g
Pork Tenderloin	3 oz	22 g
Salmon	3 oz	22 g
Tuna (canned in water)	3 oz	20 g
Tilapia	3 oz	21 g
Shrimp	3 oz	20 g
Cod	3 oz	19 g
Whole Eggs	2 large	12 g
Egg Whites	3 large	11 g



WEIGH AFTER COOKING

Raw meat loses 20–25% weight when cooked as water evaporates.

4 oz raw chicken breast
≈ **3 oz cooked**

Protein amount stays the same.



BUILD A STRONG PLATE

- Protein** Palm-size portion
- Fiber & Plants** Color your plate
- Healthy Fats** Thumb-size portion
- Consistency** Hydrate & sleep



DAIRY

FOOD	SERVING SIZE	PROTEIN
Skyr, Icelandic Yogurt	3/4 cup	19 g
Greek Yogurt, Plain	3/4 cup	17 g
Cottage Cheese (low-fat)	1/2 cup	14 g
Ricotta Cheese (part-skim)	1/2 cup	14 g
Milk, Whole or 2%	1 cup	8 g



DAIRY-FREE OPTIONS

FOOD	SERVING SIZE	PROTEIN
Firm Tofu	4 oz	20 g
Tempeh	3 oz	17 g
Pea Protein Powder	1 scoop	24 g
Hemp Seeds	3 tbsp	10 g
Edamame (shelled)	1/2 cup	9 g
Lentils (cooked)	1/2 cup	9 g
Black Beans (cooked)	1/2 cup	8 g
Chickpeas (cooked)	1/2 cup	7 g

Plant proteins are lower in some essential amino acids. Combine a variety of sources throughout the day for complete nutrition.



PROTEIN SUPPLEMENTS & POWDERS

FOOD	SERVING SIZE	PROTEIN
Whey Isolate Powder*	1 scoop	26 g
Whey Protein Powder (Concentrate)*	1 scoop	24 g
Pea Protein Powder	1 scoop	24 g
Collagen Peptides	1 scoop	18 g

* Whey isolate is derived from milk and is therefore not dairy-free.

* Whey concentrate contains some lactose. Most are low in lactose, but not considered dairy-free.



HOW TO HIT YOUR TARGET

- 1 Anchor every meal around protein first.
- 2 Spread 25–35 g across all 3 meals.
- 3 Greek yogurt & cottage cheese fill gaps.
- 4 Protein shakes can help fill gaps when food falls short.



GOOD FOOD. STRONG YOU.

Choose whole, minimally processed foods for the best results. Food gives you more than just protein — it provides nutrients, fiber, healthy fats, and satisfaction.

FOOD FIRST. ALWAYS.

Supplements fill gaps, not meals. Let whole foods lead the way.