



| — | FREE MEAL GUIDE | — |

Protein for Strength After 50

Building and keeping muscle as we age

rem.my FITNESS · Johor Bahru

Senior & elder fitness · Body Sculpt · Personal coaching

fitness.rem.my · WhatsApp +60 19-77 321 77

Why protein matters after 50

As we get older, our bodies need a little more protein to maintain muscle — and muscle is what keeps us strong, steady and independent. The good news: getting enough is easier than you think, and it does not require expensive supplements. A palm-sized portion of protein with each main meal is a simple starting point.

Key points to remember

- Aim for roughly 20–30g of protein at each main meal.
- Spread it across the day rather than all in one go.
- Combine protein with movement — strength training helps your body use it.

A sample day on this plan

Meal	Options
Breakfast	Two eggs with wholemeal toast and a glass of milk · or oats cooked with milk, a spoon of peanut butter and a banana · or nasi lemak (small) with a boiled egg and sambal.
Lunch	Grilled chicken or fish with rice and leafy greens · or tempeh/tofu rendang with rice and cucumber salad · or mee goreng with egg and chicken.
Dinner	Baked or steamed fish (ikan kembung, tenggiri, salmon) with vegetables · or chicken curry with rice and a boiled egg · or dal and rice with tofu.
Snack	A handful of nuts · a boiled egg · a small tub of yoghurt · or a glass of milk (plant-based milks also work — choose one with added protein).

Weekly shopping list

- Eggs
- Ikan kembung / tenggiri
- Tempeh
- Lentils / dal
- Natural yoghurt
- Oats
- Wholemeal bread
- Spinach / kangkung
- Chicken breast & thigh
- Salmon (fresh or canned)
- Tofu
- Low-fat milk or plant milk
- Peanut butter
- Nuts (almonds, peanuts)
- Bananas
- Cucumber & tomatoes

Handy tips

- Cheap and easy protein: eggs, tempeh, tofu, canned sardines and ikan bilis are all budget-friendly.

- Halal-friendly throughout — every meal can be made halal as is.
- If chewing is a concern, mince or mash protein foods (e.g. soft scrambled eggs, flaked fish).

This guide is general information, not medical advice. Always check with your doctor or a dietitian before major dietary changes, especially if you manage a health condition.

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