

— IF I WERE 50 AGAIN... —

This Is Exactly How I Would Eat Differently

How to Get Exactly the
Amount of Protein **YOU** Need

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*Built from decades of
real-world experience
in kitchens—not theory.*

Founder,
SAVINGDINNER



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IF I WERE 50 AGAIN...

**Most women don't have a
discipline problem.
They have a structure
problem.**

- eat better
- get enough protein
- stop snacking
- feel full

This is the system.

How Much Protein Do YOU Actually Need?

Step 1: Your Ideal Weight

Step 2: 1 gram of protein per
pound of your ideal body
weight

Step 3: Use the Cheat Sheet

Step 4: You won't see exact portions in
these recipes. That's intentional.

Your 3 Dinner Rules

1. Double Your Protein

Cook once.
Eat twice.

2. Build Your Plate

Protein + Veg +
Optional Carbs

3. Eat More (But Smarter)

No restriction
mindset

Bulk Resistant Starch Rice & Vegetables

This is how you turn one simple base into 7 completely different meals.

Steps:

1. Cook rice, cool completely overnight.
2. Sauté onion + 1 bag frozen riced veggies in olive oil or butter. Salt and pepper to taste, a little garlic powder, too, if you like.
3. Fold cold rice into veggies after cooking.

Ratio:

1 cup cooked cold rice to 1 bag (10 ounces) frozen riced vegetables (I use broccoli and cauliflower)

Tips:

- Cooling the rice creates resistant starch.
- Reheat gently, don't scorch it.
- Add protein separately for variety all week.

Notes:

Resistant starch feeds beneficial gut bacteria, helps stabilize blood sugar, supports satiety, and may even improve sleep and recovery.

That's the magic: one simple prep becomes multiple, high-protein, satisfying meals that all taste completely different.

Flavor It Based on Your Meal

Beef & Broccoli—soy + ginger + sesame

Chicken—garlic

Pork—chili + garlic

Salmon—dill + lemon

Same base.

Completely different meals.

Carbs, Sleep, & Feeling Good Again

Carbs are not the enemy.

Bad information is.

Your body is asking to be supported. This is why we need to prioritize protein, eat the right carbs (fiber and green especially), get enough sleep, and stay hydrated.

The right carbohydrates, especially paired with protein and fiber, help calm the nervous system, restore glycogen after exercise, support serotonin production, improve sleep quality, and help you feel steady, energized, and satisfied instead of ravenous and depleted.

When you add in consistent sleep, everything changes: cravings settle down, recovery improves, hormones function better, workouts feel stronger, and your mood lifts.

Feeling good again isn't about restriction. It's about giving your body what it actually needs.

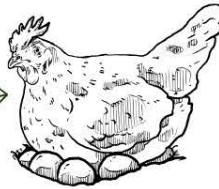
Eat carbs in a way that supports your body—not spikes it and crashes it.

Protein Chart

Breast
5oz portion = 44g protein
1oz = 9g protein

Thigh
5oz portion = 34g protein
1oz = 7g protein

Egg
1 large egg = 6g protein

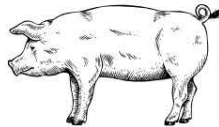
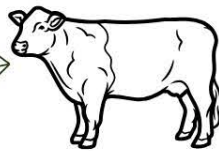


Breast
5oz portion = 41g protein
1oz = 8g protein

Filet Mignon
5oz portion = 37g protein
1oz = 7g protein

Ground Beef
5oz portion = 20g protein
1oz = 4g protein

Ribeye
5oz portion = 34g protein
1oz = 7g protein



Boneless Chop
5oz portion = 29g protein
1oz = 6g protein

Ground Pork
5oz portion = 33g protein
1oz = 7g protein

Tenderloin
5oz portion = 37g protein
1oz = 7g protein

Whitefish
5oz portion = 35g protein
1oz = 7g protein

Sardines
5oz portion = 28g protein
1oz = 7g protein

Tuna
5oz portion = 40g protein
1oz = 8g protein



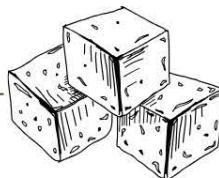
Cheddar
1oz = 7g protein = 2 TBSP

Feta
1oz = 4g protein = 2 TBSP

Parmesan
1oz = 11g protein = 2 TBSP

Cottage Cheese
5oz portion = 16g protein
1oz = 3g protein

Tofu
5oz portion = 11g protein
1oz = 2g protein



Protein Chart

Black Beans (canned)

5oz = 30.62g protein

1oz = 6.12g protein

Fava Beans (canned)

5oz = 13g protein

1oz = 1.5g protein



Pinto Beans (canned)

5oz = 9g protein

1oz = 2g protein

Kidney Beans (canned)

5oz = 9g protein

1oz = 2g protein

Lima Beans (canned)

5oz = 7g protein

1oz = 2g protein

Lentils (boiled)

5oz = 15g protein

1oz = 1.5g protein

Chickpeas (canned)

5oz = 15g protein

1oz = 3g protein



Snow Peas

5oz = 6g protein

1oz = 1g protein

Green Peas (canned)

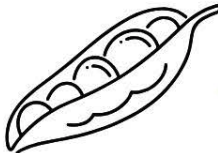
5oz = 4g protein = 1 cup

1oz = 1g protein

Green Beans

5oz = 3g protein

1oz = 0.5g protein



Broccoli

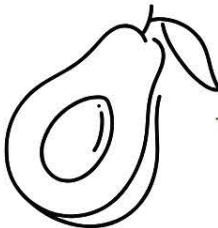
5oz = 4g protein

1oz = 0.8g protein



Avocado

1/2 medium avocado = 2g protein



Spinach

5oz = 4g protein

1oz = 0.9g protein = 1 cup



Healthy Fats

Avocados



Olive Oil



Nuts



Seeds



Salmon



Sardines



Pasture-Raised Butter

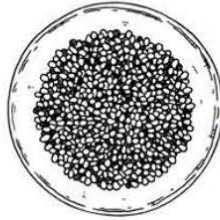


Smart Carbs

Sweet Potatoes



Quinoa



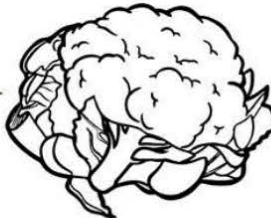
Oats



Leafy Greens



Cruciferous Vegetables



Berries
(low sugar, high antioxidants)



Shopping List

Protein

4 salmon fillets
3 pounds boneless,
skinless chicken
thighs
1 pound large
shrimp (peeled and
deveined)
1 pound flank steak
1 pork tenderloin (1
½ pounds)
4 boneless skinless
chicken breasts

Vegetables

1 bunch asparagus
1 cup cherry
tomatoes
1 bunch parsley
5 lemons
1 small knob
ginger
1 bunch basil
1 bunch cilantro
25 cloves garlic
2 cups baby
potatoes
2 cups Brussels
sprouts
4 cups broccoli
florets

Pantry

corn starch
rice
olive oil
sesame oil
low-sodium
chicken broth
basil
oregano
rosemary
thyme
cumin
smoked paprika
red pepper flakes
salt
freshly ground
black pepper
coconut aminos
(or soy sauce)
hoisin sauce
oyster sauce
red wine vinegar

Day 1: Pan-Seared Salmon with Lemon Garlic Butter

Ingredients (Serves 4):

- 4 salmon filets
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- juice of 1 lemon
- 1 tablespoon olive oil
- salt and freshly ground black pepper, to taste
- fresh parsley, chopped (optional)
- lemon wedges (optional)

Instructions:

1. Season salmon with salt and pepper.
2. Heat olive oil in a large skillet over medium-high heat. Sear salmon 4 to 5 minutes skin-side down, flip, then 3 to 4 minutes more. Remove from the skillet.
3. Reduce heat. Melt butter in the same skillet, add garlic, and sauté 1 minute.
4. Add lemon juice and stir. Return salmon, spoon sauce over, garnish with parsley and lemon wedges, if using.

Day 2: Skillet Chicken Thighs with Creamy Tomato Basil Sauce

Ingredients (Serves 4):

- 1½ pounds boneless, skinless chicken thighs
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- ½ cup heavy cream
- ¼ cup chicken broth
- ¼ cup fresh basil leaves, chopped
- ½ teaspoon dried oregano
- salt and freshly ground black pepper, to taste
- ¼ cup grated Parmesan cheese (optional)

Instructions:

1. Season chicken with salt and pepper.
2. Heat olive oil in a large skillet over medium-high heat. Sear chicken 5 to 6 minutes per side. Remove from the pan.
3. Add garlic and sauté 30 seconds. Add tomatoes and oregano. Cook 3 to 4 minutes.
4. Stir in broth and cream. Simmer to thicken.
5. Stir in basil, return chicken to the pan, and spoon sauce over. Serve with Parmesan, if using.

Day 3: Sheet-Pan Garlic Shrimp & Asparagus

Ingredients (Serves 4):

- 1 pound large shrimp, peeled and deveined
- 1 bunch asparagus, cut into 2-inch pieces
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon smoked paprika
- zest and juice of 1 lemon
- salt and freshly ground black pepper, to taste
- fresh parsley, chopped (optional)

Instructions:

1. Preheat oven to 425°F.
2. Toss shrimp and asparagus with olive oil, garlic, paprika, lemon zest, salt, and pepper.
3. Spread evenly on a parchment-lined pan.
4. Roast for 8 to 10 minutes until shrimp are opaque.
5. Drizzle with lemon juice and garnish with parsley, if using.

Day 4: Grilled Pork Tenderloin with Chimichurri Sauce

Ingredients for Pork & Marinade (Serves 4):

- 1½ pounds pork tenderloin
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- salt and freshly ground black pepper, to taste

Ingredients for Chimichurri:

- 1 cup parsley, chopped
- ¼ cup cilantro, chopped
- 2 cloves garlic, minced
- ½ teaspoon red pepper flakes
- 2 tablespoons red wine vinegar
- ½ cup olive oil
- salt and freshly ground black pepper, to taste

Instructions:

1. Mix the marinade, coat the pork, and marinate for at least 30 minutes.
2. Grill over medium-high heat 15 to 20 minutes, turning occasionally.
3. Let rest 10 minutes. Slice and serve with chimichurri.

Day 5: Garlic Butter Chicken Thighs with Roasted Vegetables

Ingredients for Chicken (Serves 4):

- 1½ pounds boneless, skinless chicken thighs
- 2 tablespoons unsalted butter
- 4 cloves garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- ½ teaspoon smoked paprika
- salt and freshly ground black pepper, to taste

Ingredients for Vegetables:

- 2 cups Brussels sprouts, halved
- 2 cups baby potatoes, halved
- 1 tablespoon olive oil
- salt and freshly ground black pepper, to taste

Instructions:

1. Preheat oven to 400°F. Toss veggies with oil, salt, and pepper.
2. Season chicken with thyme, rosemary, paprika, salt, and pepper.
3. Sear seasoned chicken in butter and garlic.
4. Transfer chicken and veggies to a sheet pan. Roast 20 to 25 minutes. Rest and serve.

Day 6: Beef & Broccoli Stir-Fry

Ingredients for Steak & Marinade (Serves 4):

- 1 pound flank steak, sliced
- 2 tablespoons coconut aminos (or soy sauce)
- 1 tablespoon cornstarch
- 1 teaspoon sesame oil

Ingredients for Stir-Fry:

- 2 tablespoons olive oil
- 4 cups broccoli florets
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- ¼ cup coconut aminos (or soy sauce)
- 2 tablespoons oyster sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon cornstarch mixed with 2 tablespoons water
- red pepper flakes (optional)
- cooked rice

Instructions:

1. Marinate the beef for at least 15 minutes.
2. Sear broccoli over medium-high heat. Remove broccoli from the pan. Sear beef over medium-high heat.
3. Add garlic, ginger, sauces, and cornstarch slurry. Return broccoli to the pan. Serve over rice.

Day 7: Lemon Herb Grilled Chicken Breasts

Ingredients (Serves 4):

- 4 boneless, skinless chicken breasts
- $\frac{1}{4}$ cup olive oil
- zest and juice of 1 lemon
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- salt and freshly ground black pepper, to taste
- parsley and lemon wedges (optional)

Instructions:

1. Whisk the marinade, coat the chicken, and marinate for at least 30 minutes.
2. Grill over medium-high heat 6 to 7 minutes per side.
3. Let rest and garnish with parsley and lemon wedges, if using.

You don't need another meal
plan.

You need a way to make food
work for your body.

If I were 50 again...

I'd stop trying to eat less.

And start building meals like this.