BODY BY COACH JEFF

FREE BONUS

PINOY PROTEIN SWAP CARD

Same cravings, more protein. Pick 2 swaps this week. Screenshot this or stick it on the ref.

BREAKFAST	
Pandesal + palaman · ~6 g	→ **Pandesal + 2 boiled eggs · ~17 g**
Hotsilog · ~14 g	→ **Tapsilog (1 cup rice) · ~30 g**
3-in-1 coffee · ~1 g	→ **Black coffee + 1 glass milk · ~8 g**
CARINDERIA / ULAM	
Pancit or gulay only · ~5 g	→ **Adobong manok (1 thigh) + gulay · ~25 g**
Menudo / hotdog ulam · ~12 g	→ **Inihaw na bangus (½ fish) · ~30 g**
Extra rice · ~4 g	→ **Extra ulam, same rice · +15 g**
CONVENIENCE STORE	
Cup noodles · ~5 g	→ **Tuna onigiri + 2 boiled eggs · ~18 g**
Siopao asado · ~10 g	→ **Chicken breast pack / roast chicken · ~25 g**
FAST FOOD	
Spaghetti + fries · ~10 g	→ **1-pc chicken (skin off) + rice · ~28 g**
Burger + large fries · ~15 g	→ **Double-patty burger, no fries · ~28 g**
MERIENDA	
Turon / banana cue · ~1 g	→ **Taho (regular cup) · ~8 g**
Chips or biskwit · ~2 g	→ **Tuna sandwich (1 can, 2 slices) · ~25 g**

> **Target:** 25–40 g protein per meal. Build the plate ulam first, then gulay, then rice. Find your exact daily number with the free Protein Calculator at **bodybycoachjeff.com/calculators/protein**.

Protein values are approximate for a typical serving and vary by brand, recipe and portion. General education only, not medical advice.

Ready for the full step-by-step fat-loss plan built around Pinoy food? **Fat Loss Blueprint, ₱249** → bodybycoachjeff.com/ebooks/fat-loss-blueprint · Want it done for you? Take the free coaching quiz → bodybycoachjeff.com/online-fitness-coaching-quiz