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A GUIDE FROM THE METHOD

Protein, Plainly

What it does, where it hides, and an honest target.

The quiet math after 40

Muscle becomes harder to keep and easier to lose with each decade, and the body grows less efficient at turning the protein you eat into the tissue you keep. Appetite often drifts down at exactly the wrong moment. The answer is not fear; it is arithmetic.

An honest target

Precision belongs in a consultation, but the working range for most active women is unglamorous: roughly a palm-and-a-half of protein at each meal, three times a day, more on training days and in any season of rapid weight change. If you track, most land well when they stop treating 100 grams a day as extreme.

Where the day leaks

Four patterns cover almost every shortfall we see:

- Breakfast is coffee and good intentions; the day starts thirty grams behind.
- Lunch is a salad with decoration-grade chicken.
- Dinner tries to carry the whole total at once, more than the body can use well.
- Travel days surrender entirely; the pouch from the Pantry Edit exists for this.

Real food first

Powders are logistics, not virtue. Use them on planes and impossible days; build the rest from food you genuinely like, or the target will not survive the month.

Muscle is where you store strength for the decade you cannot see yet. Feed it like you mean to keep it.

Education, not diagnosis: Paula's Method offers lifestyle advisory, not medical care. For diagnosis, treatment, or medication decisions, consult your physician. v1, July 2026; drafted for Paula's review.