



## Easy ways to add more protein to your diet

Protein is one of the most important nutrients for your body. It functions as a raw material your body uses for:

- Building and maintaining muscles
- Creating healthy hair, skin and nails
- Regulating blood sugar levels and more

In addition, it helps you feel fuller longer, which is helpful if you're watching what you eat.

The average adult needs  
**66 grams**  
of protein daily.<sup>1,2</sup>

## How much is the right amount of protein?

The average adult should eat .36 grams of protein for every pound they weigh<sup>1</sup> every day. But protein doesn't necessarily mean meat. There are many lower-fat protein options that can be swapped in for meat-based sources.

Consider:

- **Fish** Trout, salmon, halibut, cod, herring and more
- **Plant-based proteins** Fiber-rich legumes and ancient grains like lentils, chickpeas, edamame, peas, amaranth and quinoa
- **Low-fat dairy products** Especially milk, cottage cheese and Greek yogurt
- **Meat alternatives** Tofu, seitan and tempeh
- **Nuts and seeds** Including whole nuts, nut or seed butters, hemp seeds and pumpkin seeds
- **Eggs**
- **Hummus**



**Pump up your protein** with the following delicious meal options

## Caprese cottage cheese breakfast bowl

Cottage cheese is having a moment. This savory bowl is a quick, no-cook option that is portable.

**Makes 1 serving | Prep: 5 minutes**



### Ingredients

- ¾ cup no-salt-added, low-fat cottage cheese
- 1 small tomato, sliced (about 3 oz)
- 2 basil leaves, thinly sliced
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- Freshly cracked black pepper

### Preparation

Add cottage cheese to a small bowl. Top with tomato slices and sliced basil. Drizzle with balsamic vinegar and olive oil and a sprinkle of black pepper.

**Nutrition information | Serving size: 1 bowl**



Calories: 197 | Total fat: 7 g | Saturated fat: 3 g | Sodium: 70 mg | Cholesterol: 15 mg  
Total carbs: 10 g | Fiber: 1 g | Sugars: 8 g | Protein: 25 g | Potassium: 1630 mg

# Healthy hamburger crock pot soup

This soup<sup>3</sup> delivers all your veggies and protein in every delicious bite. Substitute one pound of cooked beans and vegetable broth in place of the ground beef and beef broth to make this dish vegan.

**Makes 6-8 servings | Prep: 20 minutes | Cook: 8 hours**

## Ingredients

- 1 lb lean ground beef
- 1 medium yellow onion, diced (~2 cups)
- 1 green bell pepper, diced (~1 cup)
- 6 garlic cloves, minced
- 10 oz (1 large) sweet potato, peeled and cubed (~2 cups)
- 10 oz (2-3) Yukon Gold Potatoes, cubed (~2 cups)
- 2 medium carrots, diced (~1 cup)
- 2 ribs celery, diced (~1 cup)
- 2 (14 oz) cans fire-roasted diced tomatoes
- 1 (6 oz) can tomato paste
- 4 cups low-sodium beef broth, plus additional if needed
- 1 ½ Tbsp Italian seasoning
- 1 tsp sea salt (plus more to taste)
- ½ tsp black pepper
- 8 oz fresh green beans, cut into 1-inch pieces (can also use frozen green beans)
- 2 cups chopped and packed kale, tough stems removed (optional)



## Preparation

In a large skillet over medium heat, add the ground beef, onion, green pepper and garlic. Cook and stir until the ground beef is no longer pink.

Drain the ground beef mixture and transfer it to a large slow cooker. Add all remaining ingredients except for the green beans and kale.

Cook on low for 8-9 hours or on high for 5-6 hours.

When there is about 1 hour of cooking time remaining, open the lid on the slow cooker and stir in the green beans and kale. If you prefer your soup to be thinner, feel free to add additional broth. Replace the lid and continue to cook for 1 hour or until the green beans are tender. If using frozen green beans, wait to add them until just 30 minutes of cooking time remains.

Taste and season as desired before serving.

**Nutrition information (as originally written) | Serving size: 1¾ cups**



Calories: 295 | Total fat: 8 g | Saturated fat: 3 g | Sodium: 715 mg | Cholesterol: 49 mg  
Total carbs: 34 g | Fiber: 11 g | Sugars: 13 g | Protein: 21 g | Potassium: 1,441 mg



# Vegan superfood grain bowls

Try this protein-packed superfood bowl<sup>4</sup> for meal-prep lunches or for dinner on busy nights.

**Makes 4 servings | Prep/cook: 15 minutes**

## Ingredients

- 1 (8 oz) pouch microwavable quinoa
- ½ cup hummus
- 2 Tbsp lemon juice
- 1 (5 oz) package baby kale
- 1 (8 oz) package refrigerated cooked whole baby beets, sliced (or 2 cups from salad bar)
- 1 cup frozen shelled edamame, thawed
- 1 medium avocado, sliced
- ¼ cup unsalted toasted sunflower seeds



## Preparation

Prepare quinoa according to package directions; set aside to cool. Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate. Divide baby kale among 4 bowls or single-serve containers with lids. Top each with ½ cup of the quinoa, ½ cup beets, ¼ cup edamame and 1 tablespoon sunflower seeds. When ready to eat, top with ¼ avocado and the hummus dressing.

## Nutrition information | Serving size: 1 container



Calories: 434 | Total fat: 22 g | Saturated fat: 2 g | Sodium: 298 mg | Cholesterol: 0 mg  
Total carbs: 48 g | Fiber: 13 g | Sugars: 7 g | Protein: 18 g | Potassium: 1,125 mg

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<sup>1</sup><https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096>

<sup>2</sup><https://www.cdc.gov/nchs/fastats/body-measurements.htm>

<sup>3</sup><https://therealfooddietitians.com/healthy-hamburger-soup/>

<sup>4</sup><https://www.eatingwell.com/recipe/269844/vegan-superfood-grain-bowls/>

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