

# IDEAS FOR INCREASING PROTEIN

## Do the experiment — did three days of increased protein help your energy and mental clarity?

Here are some meal ideas to encourage the thought, “Oh, I could try that.” The idea is for busy professionals to make improvements. Remember that breakfast, lunch and dinner can be interchangeable. The concept is to do little experiments to see if you feel better.

### BREAKFAST

**Goals: 14 grams of protein, veggie or fruit, something with fiber, a little fat**

- Ready-to-drink protein shake (Odwalla Protein Shake or Orgain protein shake) and an apple or 1/2 a banana with 4 Tbsp of nut or seed butter (almond, cashew or tahini)
- Protein bar: Cliff, Zing, or Stinger, high protein Kind bars
- High protein Greek yogurt (Fage, Chobani) with walnuts, almonds or cashews and raisins, an apple or 1/2 a banana
- Apple, carrot and/or celery with 4 Tbsp of nut or seed butter (almond, cashew or tahini)
- Whole eggs: 1-2 scrambled/boiled/fried with a handful of veggies and toast or sweet potato
- Breakfast burrito with scrambled eggs, veggie sausage or refried beans, handful of veggies, and cheese
- Make own protein shake with whey or rice protein powder, dark berries, chocolate powder, coconut milk and water

### SNACK

**Goal: 6 grams of protein 1. between meals, 2. before going home 3. before big emotional challenges**

- ½ ready-to-drink protein shake (Odwalla Protein Shake or Orgain protein shake) and an apple or banana
- An apple or a banana with 4 Tbps of nut or seed butter (almond, cashew or tahini)
- ½ cup high protein Greek yogurt (Fage, Chobani)
- ½ cup cottage cheese
- Protein bar: Cliff, Zing, or Stinger, high-protein Kind bars
- One handful (1/4 cup) of walnuts, almonds or cashews with raisins or cranberries

### LUNCH

**Goal: 20 grams of protein, 1-2 cups veggies, carbohydrate (bread, pasta, rice, sweets the same size as the protein), a little fat**

- Eating out or going to grocery store deli: 3 oz pack of cards-sized portion meat on a salad, burrito, wrap sandwich, or over rice or pasta
- From home: Pre-cook 4-8 links of chicken sausage. Eat one link of sausage with pre-washed salad, favorite salad dressing, ½ sweet potato or piece of fruit

### LUNCH (cont'd)

- High-protein Greek yogurt (Fage, Chobani) with walnuts, almonds or cashews or blueberries as well as an apple or 1/2 a banana with 4 Tbsp of nut or seed butter (almond, cashew or tahini)
- Egg salad on toast with a bed of salad greens
- Three-bean or lentil salad with quinoa

### SNACK

**Goal: 6 grams of protein 1. between meals, 2. before going home 3. before big emotional challenges**

Same as previous snacks

### TREATS

Dark chocolate eaten at the same time of day to decrease sugar binges

### DINNER

**Goal: 20 grams of protein, 1-2 cups veggies, carbohydrate (bread, pasta, rice, sweets the same portion size as the protein), a little fat**

- Eating out or going to a grocery store deli: 3 oz pack of cards-sized portion meat on a salad, burrito, wrap sandwich, or over rice or pasta
- A can of soup with a deli chicken or sausage as well as a quick salad of artichokes with salad dressing.
- Quinoa pasta with sausage, red sauce and veggies as well as a salad
- Meat-based or vegetarian chili with beans on quinoa with microwave frozen broccoli with 1 Tbsp of butter
- Tofu, tempeh or meat stir-fry with veggies on quinoa or brown rice
- Quesadilla with pack of cards-sized portion meat, spinach or sauteed mushrooms, onions and cheddar cheese
- Eat out and bring leftovers for lunch: Indian food with meat or chickpeas or lentils, Thai food with meat or tofu, Mexican food with meat or beans.

*Please consult with your doctor before changing your diet.*

## Helpful Tips

- **Pre-cook meats:** chicken, turkey and pork sausages are about 3 oz each and can be added to salad, a can of soup, a burrito, stir-fry, prepared veggies picked up at a deli and leftovers.
- **Slow cookers are great for yummy meats.** It is easy to find recipes on the Internet. “Pulled” chicken and pork are awesome on everything!
- **Slow cookers are great for veggies.** Try squash, sweet potatoes, beets, carrots, onions, garlic. I just put them in on low and walk away for 6-8 hours. Sometimes they are perfect; sometimes they need a little more cooking. Even if occasionally overcooked, they are edible. The big advantage is that it’s *easy!*
- **Eat veggies with salad dressing.** It is more important to eat veggies than to avoid whatever stopped us from using salad dressing in the first place.
- Most **people who hate veggies** have a few that they do like. The one people consistently say they like is canned artichokes. Canned artichokes are great — they don’t go bad, they transport easily and many have a pull-off lid
- **Things to have at the office** in the desk drawer: a jar of nut butter; peanut butter is fine as long as it is unsweetened. Also, Trader Joe’s bags of nuts and dark chocolate bars are convenient to store at work
- **Things to have work buy** at Costco: yogurt, apples, oranges, nuts, cottage cheese, string cheese, dark chocolate and dried fruit.



## USEFUL WEBSITES

**World’s Healthiest Foods:**  
whfoods.com

**Office workouts:** Look on YouTube for “Denise Austin office workout.” I have followed her for years. She is safe and practical. (I turn off the audio after I have heard it once).



## USEFUL BOOKS

*Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating* by Walter C. Willett, M.D.

*Why We Get Fat: And What to Do About It* by Gary Taubes

## DO THE EXPERIMENT

Use this chart to track the positive and negative poles for energy, mood, sugar cravings and sleep.

Mark the chart before the experiment and **after three days of the experiment**

 ENERGY

 MOOD

 SUGAR

 SLEEP

BEFORE  
THE  
EXPERIMENT



AFTER  
THE  
EXPERIMENT



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