

Prioritizing Protein

Consuming protein is important for several reasons: Building and repairing tissues, Enzyme and hormone production, supporting immune system, providing energy, regulating satiety and weight.

Here are a few different meal ideas to get in over 50 grams of protein!

Breakfast: 1/2 cup Greek yogurt with 1/2 cup blackberries and 1 ounce almonds

Lunch: A salad of 2 cups arugula, 1/2 cup chickpeas, and 1/4 cup crumbled feta

Dinner: 1 chicken thigh with 1/2 cup brown rice and 1/2 cup roasted broccoli

TOTAL = 66 grams of protein

Breakfast: 1 cup rolled oatmeal and 1 small banana

Lunch: Turkey and cheese sandwich (using 3 slices deli turkey and 1 slice deli cheese) on whole-wheat bread

Dinner: 1 (3-ounce) salmon fillet with 1/2 cup roasted potatoes and 1/2 cup sautéed spinach

TOTAL = 57 grams of protein

Breakfast: 1 slice whole-wheat toast with 2 tablespoons of peanut butter

Lunch: 1 cup lentil salad and 1 string cheese

Dinner: 1 cup of lentil spaghetti with 1/2 cup tomato sauce and 2 tablespoons grated Parmesan

TOTAL = 52 grams of protein

Accepting new patients into our Wellness Program, please email wellness@silverpinedocs.com or call 586-726-4823 ext. 2023