

HEALTHFUL TIPS

Fast and Easy Protein Options



Don't let your protein intake slip when life gets hectic. Stock up on these fast and easy high-protein options to get you through. A little pre-planning can keep you nourished and energized to make it through the busiest of times.

Add a scoop of fruit-flavored Nectar protein powder to unflavored yogurt: net 30 grams protein.

Microwave a veggie burger and frozen veggies for a quick meal: net about 14 grams protein.

Make a Greek yogurt smoothie. 6 oz plain Greek yogurt, scoop of protein, and fresh fruit—blend well: net about 34 grams protein.

Roll up a slice of lean deli meat with your favorite cheese for a breadless sandwich: net 10 grams protein.



Drink a glass of skim milk: net 8 grams protein.

Make a bowl of "fluff": mix together 4 oz package of sugar-free gelatin (powder only); 16 oz fat-free cottage cheese; 8 oz Cool Whip; 20 oz canned pineapple, packed in juice, drained. Makes 8 servings: net 7 grams protein per serving.

Enjoy a carton of Kroger Carb Master yogurt: net 8 grams protein.

Grab a bowl of cottage cheese: net 14 grams protein per ½ cup serving.

Tear open a bag of Bumble Bee Sensations Seasoned Tuna Medleys with crackers: net 18 grams of protein per serving.

Scramble up ½ cup egg sub with 1 wedge Laughing Cow Cheese Light: net 16 grams protein.

Peel a hard-cooked egg: net 7–9 grams protein.

Thaw out some cooked shrimp and dip in a mixture of horseradish, low-sugar ketchup and lemon juice to taste: net 18 grams protein per 3 oz.

Spread low-fat cream cheese on a slice of lean deli ham, roll up and eat: net 7 grams protein per ounce of ham.

Melt 2 oz low-fat shredded cheddar and add ¼ cup drained black beans on a flour tortilla. Serve with salsa: net 18 grams protein.

Dip fresh veggies into ½ cup hummus: net 10 grams protein.

Snack on a single-serving bag of dry roasted almonds: net 6 grams protein for 22 nuts.

Keep a low-sugar protein bar on hand: net 10–25 grams protein.