

PUMPED UP FOR PROTEIN

Your weight
in pounds (lb)

2.2 lb/kg

X

0.8 g/kg =

Grams of
protein you
need each day

Use Nutrition Facts labels and tools like MyFitnessPal to track how much protein you eat each day. Pay attention to portion sizes!



BEANS AND LENTILS

- Canned: Drain and rinse beans with water to get rid of extra salt.
- Dried: Soak beans, drain, and cook in fresh water to reduce gas and bloating.
- Replace half of the meat in chili or enchilada recipes with kidney beans.



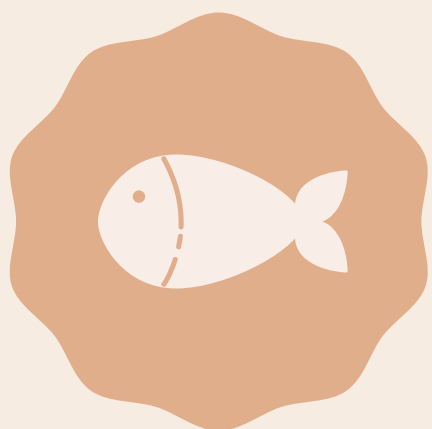
BEEF

- Less fatty ground beef will be labeled "90% lean" or higher. Lean cuts of beef include round and sirloin cuts.
- Pair a slow-cooked bottom round roast (a very lean cut) with roasted carrots, broccoli, and fingerling potatoes.



CHICKEN

- Skinless chicken is a great lean protein. To save money, buy chicken in bulk when it's on sale and freeze for later use.
- Use fresh or dried herbs and spices (like paprika and thyme) to make plain chicken more exciting and tasty!



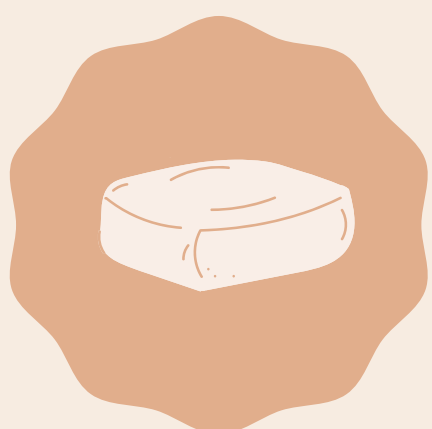
FISH AND SEAFOOD

- Fresh fish and seafood are tasty, but frozen and canned are just as healthy (and usually cheaper!).
- Drain canned tuna and mix into mac & cheese to add protein; or try replacing beef in tacos with blackened shrimp.



PLANT-BASED PRODUCTS

- Plant-based "meats" are often made with soy, pea, and bean proteins. Options include burgers, sausage, "meat"balls, and crumbles (ground "beef").
- Swap your breakfast sausage with a plant-based one from the freezer aisle.



TOFU

- Buy extra firm tofu. Before cooking, press with paper towels for 30 min.
- Marinate tofu in your favorite sauce for a few hours in the refrigerator. Lightly coat marinated tofu in cornstarch before baking or sautéing to get it extra crispy!

TRY MEATLESS MONDAYS!

- Animal protein has more saturated fat than plant protein. You should limit your saturated fat intake as much as possible.
- Plant protein is usually cheaper than animal protein. 1lb ground beef = \$5.25 compared to 1lb dried black beans = \$1.50.
- If you cut out meat entirely, make sure to supplement with a multivitamin containing vitamin B12.