

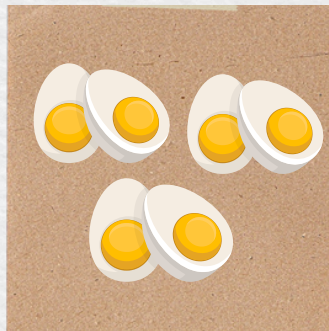
Tap Into the Power of Protein

This handy guide will help you pack the power of protein into all your meals and snacks.

Protein-Packed



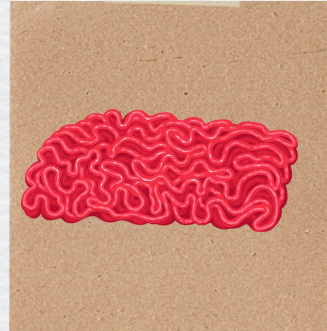
You should aim to get **20g** of **animal protein** or **25-30g** of **plant-based protein** into your meals and snacks throughout the day. Here's what 20g of **some common protein sources** looks like.



3 LARGE EGGS



1 CHICKEN BREAST



3.7 oz GROUND BEEF



80g TUNA



3.7 oz SALMON



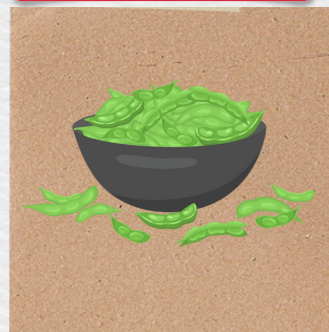
1 CUP YOGURT



6.3 oz COTTAGE CHEESE



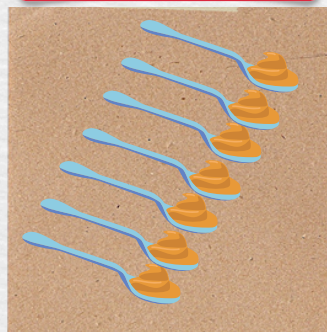
1 CUP YOGURT



1 CUP EDAMAME



0.8 oz TOFU



7 TSP PEANUT BUTTER



0.8 oz LENTILS

Power Bank



You should be fueling your body at least **6 times a day**.

Here are some meals and snacks you could try out to make sure you're satisfying your protein needs.

Each serving contains approximately 20g of protein.

Meal Inspo

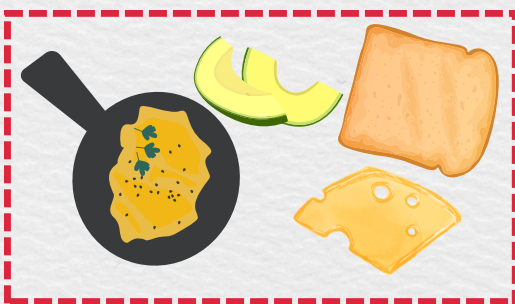
TURKEY SANDWICH

Wholewheat bread + 3 oz slice deli turkey + cheese + lettuce + mustard



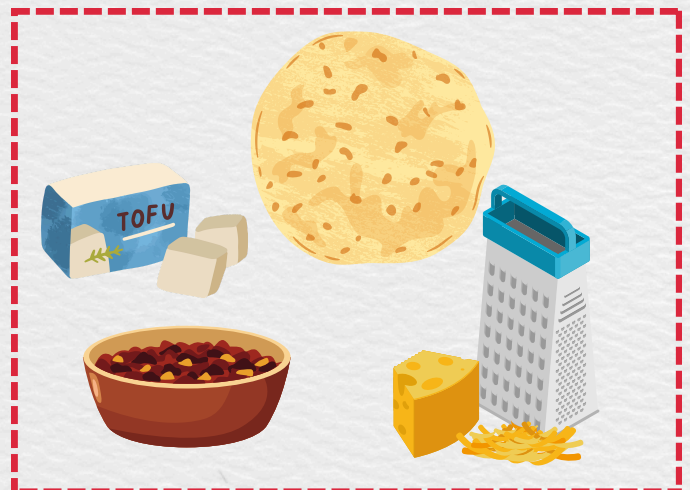
SCRAMBLED EGGS ON TOAST

2 scrambled eggs
+ 1/4 avocado
+ 1 oz cheese
1 slice wholewheat toast



BEAN AND CHEESE QUESADILLA

Wholewheat tortilla + 1/4 cup refried beans + 2.6 oz tofu + shredded cheese



Snack Inspo

BERRY SMOOTHIE

1/2 cup milk + 1 cup frozen berries + 1/4 cup sliced frozen banana + 1 scoop whey protein powder



EDAMAME AND MILK

1 cup edamame +
1 cup chocolate milk



BERRIES AND YOGURT

1 cup Greek yogurt +
a handful of berries



CHEESE AND CRACKERS

2 pieces of string cheese +
1/4 cup nuts + 6 crackers

