

8 GREAT WAYS TO ADD PROTEIN

Aim for 20-30 grams of protein at a meal and 15 grams for a snack when on a GLP-1 medication.

ADD COTTAGE CHEESE OR AN EXTRA EGG WHITE TO SCRAMBLED EGGS OR PANCAKES

REPLACE SOUR CREAM IN DIPS AND SAUCES WITH PLAIN GREEK YOGURT

USE A PROTEIN SHAKES IN PLACE OF MILK IN CEREAL OR IN PLACE OF CREAMER IN COFFEE

SNACK ON EDAMAME, CHICKPEAS, SEEDS, NUTS, LEAN JERKY, PROTEIN BAR OR LOW-FAT CHEESE

REPLACE REGULAR PASTA WITH HIGH-PROTEIN PASTA OR CHICKPEA PASTA

ADD LEAN MEAT, SEEDS, NUTS, CHICKPEAS, BEANS OR CHEESE TO SALADS

REPLACE WATER WHEN COOKING RICE WITH BONE BROTH

ADD PB2 PROTEIN POWDER TO OATMEAL, SMOOTHIES, PANCAKES, IN DIPS, OR OVER POPCORN.



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