

Sneaky Ways to Get Protein

Protein Shakes – 14-25 grams depending on the brand of protein powder you use

Soy and Nut flours – add soy and nut flours to your baked goods

Soybeans – add roasted soybeans to trail mix. Adds a lot of protein without much fat

Trail mix – If you eat trail mix as a snack instead of crackers, you get a lot more protein

Nuts – add nuts to everything – as a top on yogurt, in cookies, on cereal, on cheese, in granola, in trail mix, in rice, as a breading

Whole grains – whole wheat bread, brown rice, whole wheat flour, oats, quinoa, millet, etc.

Legumes – dip your crackers in hummus or black bean dip, add to soups and chili, peanut butter on everything

Nutritional yeast – this can be added to almost anything and is especially good on popcorn. Adds protein and B vitamins.

Eggs – hard-boiled eggs make an excellent snack, add an egg to your salad, add egg to your rice, add egg to soup (egg drop soup), add extra eggs to your bread

Milk powder – add milk powder to bread or other baked goods

Wheat germ – great source of fiber and protein and vitamins. Add to baked goods, beans, cereal

What you can eat with whole grain crackers

Peanut butter

Hummus

Black bean dip

Cheese

Nut butters

Cottage cheese