



YOUR WHOLE HEALTH

—AN INTEGRATIVE MEDICINE PRACTICE—

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The Recommended Daily Allowance of protein is 0.8g/kg/day, but if you are exercising or trying to lose weight, this really is not enough. Most adults should be getting around 0.7grams per pound of ideal body weight per day, more if you are really trying to build muscle. This averages to 70-110g or more per day! Here are some snack ideas to add protein without adding a ton of calories:

1. Protein balls: There are SO many great recipes for these on-line! Here is one, but feel free to search for more:

- PB Protein Balls:
- 1 ½ cup rolled oats
- 1 cup natural peanut butter (can be chunky or smooth)
- ¼ Honey or maple syrup
- 2 scoops protein powder – vanilla or chocolate
- Optional: 2 TBSP of hemp seeds to add extra protein
- Optional: 2 TBSP of dark chocolate pieces or chips for yummy!

Combine all ingredients in a bowl and use hands to mix. Add some almond milk if needed to soften after fully mixed. Roll into 1-inch balls and store in fridge or freezer. Each ball is around 100-120 calories and 6-7 g protein depending on options.

2. Natural nut butter on celery or apple – 2 TBSP around 180 cal, 8g protein
3. Hard-boiled egg – 1 egg 70 cal, 6 g protein
4. Protein Coffee: Add ½-1 serving of protein powder to ½ cup of plant based milk. Add in 4-8 ounces of strong coffee and enjoy! Serve hot or cold. Avg 10-25g of protein

5. Bone Broth – 8-20g protein and 40-80 calories per serving
6. Steamed edamame – ½ cup is about 100 calories, 9 g protein
7. Greek Yogurt – Oiko's triple zero, ¾ cup has 100 cal, 17g protein
8. Turkey breast (not processed) - 2 oz 70 cal, 12g protein
9. Roasted chickpeas – ¼ cup, 120 cal, 6g protein
10. Turkey meat stick (no nitrates) - 75 cal, 9g protein

Favorite protein bars:

- Aloha Bars 14g protein
- Picky protein bars – 10g protein
- RxBars (read label for ones with 12g protein)
- Kind protein bars (some flavors have more added sugar) 12g protein
- No Cow protein bars, 20g protein