

Protein-Rich Meal & Snack Ideas

Eating protein at each meal and snack can help you meet your daily protein needs and keep you going throughout the day. These meal and snack ideas are easy to prepare, include nutrient-rich foods from each food group and provide at least 25 grams of high-quality protein per meal. This sample menu provides 1,600 calories and can be used as a base to adjust for lower or higher daily calorie diets.¹

Breakfast



Breakfast Sandwich:

- ✓ 1 whole egg and 1 egg white
- ✓ 1 ounce lean Canadian bacon
- ✓ ½ English muffin
- ✓ 1 slice low-fat cheese
- ✓ 1 slice fresh tomato
- ✓ 1 cup non-fat milk
- ✓ ½ cup melon

Total calories: 350
Total protein (grams): 33
High-quality protein (grams): 29

Lunch



Turkey Wrap:

- ✓ 6-inch whole-grain tortilla
- ✓ 3 ounces turkey breast
- ✓ 1 slice low-fat cheese
- ✓ ½ cup spinach
- ✓ 1 cup mixed vegetables
- ✓ ½ cup grapes
- ✓ Water

Total calories: 400
Total protein (grams): 37
High-quality protein (grams): 31

Dinner



Grilled Chicken:

- ✓ 5 ounces grilled chicken breast
- ✓ ⅓ cup whole-grain rice
- ✓ 1 cup carrots
- ✓ 1 cup fresh apple slices
- ✓ 1 cup fat-free milk

Total calories: 525
Total protein (grams): 50
High-quality protein (grams): 47

Snacks



- ✓ 1 low-fat string cheese
- ✓ 10 small whole-grain crackers

Total calories: 150
Total protein (grams): 9
High-quality protein (grams): 7



- ✓ 1 hard-cooked egg
- ✓ orange slices

Total calories: 130
Total protein (grams): 6
High-quality protein (grams): 6

¹ Nutrition information sourced from USDA National Nutrient Database for Standard Reference, Release 22 (2009).