

# Macronutrient Alert: Protein

Protein is one of the three macronutrients that is needed each day to build and repair tissues and support your immune system. Protein can be found in many animal and plant based foods!

## Average Protein Goals:

<b>Meals:</b>	<b>Snacks:</b>
<b>3-4 oz</b>	<b>1-2 oz</b>
<b>The size of a deck of cards or the palm of your hand</b>	<b>The size of 2-3 dice or 1/3 deck of cards</b>
<b>Total: 20-30 grams</b>	<b>Total: 5-10 grams</b>

*\*Your protein goals may need to be adjusted if you have other nutrition related conditions where protein needs be either increased or decreased. Please consult your doctor or registered dietitian for more specific protein goals.*

## Protein Guide (~7-10 gram protein each):

### **Animal Based:**

1 oz chicken/turkey breast

1 slice of deli meat

1 oz salmon fillet

1 hard-boiled egg

1 cup bone broth

1 cup (cow) milk

1 oz cheese/paneer

1/2 cup greek yogurt

### **Plant Based:**

1/4 cup cooked beans

2 Tbsp hummus

1 Tbsp peanut butter

1/2 ounce of nuts

1/2 ounce of seeds

1/4 cup tofu/seitan/tempeh

1 cup (hemp or soy) milk

1/2 cup cooked lentils