

PROTEIN COUNTER

A great website for counting and logging calories & nutrition is www.caloriecount.about.com

FOOD	AMOUNT	GRAMS	FOOD	AMOUNT	GRAMS
DAIRY PRODUCTS			BEANS		
milk	1 cup	8	Navy	3/4 cup	11
buttermilk	1 cup	8	Red or Pinto	1 cup	15
yogurt	1 cup	8	Lentils	1 cup	15
Greek yogurt	1 cup	20	Soybeans	1 cup	22
Cheddar, grated	1/2 cup	14	GRAINS		
eggs	1 med.	6	Whole Wheat. Bread	1 slice	2
Whey Protein Powder	1 scoop	23-25 varies by brand	Corn Bread	1 slice	3
Cottage Cheese	1 cup	30	Corn Flakes	1 cup	2
MEAT AND POULTRY			Farina	1 cup	3
bacon	1 slice	2	Oats or oatmeal	1 cup	5
pot roast	3 oz.	23	Wheat pancakes	4	7
hamburger	3 oz.	24	Popcorn	2 cups	3
steak	3 oz.	20	Brown rice	1 cup	15
chicken	3 oz.	23	Shredded Wheat	1lg biscuit	3
pork chop	1 thick	16	NUTS & NUT PRODUCTS		
ham	2 oz.	13	Almonds	1/2 cup	13
turkey	3 oz.	25	Cashews	1/2 cup	12
FISH & SEAFOOD			Peanuts	1/3 cup	13
fish sticks	5	19	Peanut Butter	1/3 cup	3
Oysters	6-8 med.	8	Pecans	1/2 cup	5
salmon	3 oz.	17	Sesame Seeds	1/2 cup	9
shrimp	3 oz.	23	Sunflower Seeds	1/2 cup	12
swordfish	1 steak	27	Walnuts	1/2 cup	7
tuna	3 oz.	25	<p>Some fruits and vegetables do contain small amounts or a trace of protein. I did not include them on this list because the content is minimal. However, Do NOT underestimate the value of these foods. Fresh fruits and vegetables provide essential vitamins and minerals. And these vitamins and minerals are vital to growing healthy babies and they also help you absorb and digest protein.</p> <p>So, be sure to eat plenty of green, yellow (or orange) vegetables and fruits EVERY day!</p>		
tilapia	4 oz.	21			
SOUPS , CANNED & DILUTED					
Bean Soups	1 cup	8			
Beef and Vegetable	1 cup	6			
Chicken or Turkey	1 cup	4			
Clam Chowder	1 cup	5			
Cream Soups	1 cup	7			
Split Pea	1 cup	8			
Vegetarian Vegetable	1 cup	4			

Suggestions for “sneaking” more protein into your diet:

- When cooking oatmeal, add a raw egg right before it finishes cooking. The texture will be smoother and less “slimy” than regular oatmeal. And the flavor is more like pudding. Just stir well while it cooks.
- Sprinkle cheese crumbles, sunflower seeds or pine nuts over your salads.
- Add a boiled eggs to salads.
- Add sunflower seeds and fruit to cottage cheese.
- Try some of the protein shake recipes I’ve given you.
- Use Greek Yogurt instead of regular yogurt – more than 2x the protein!
- Use all whole grains rather than processed grains.

Here are three samples of how you can get at least 80-100 grams of protein in a day. (Please note that these are not complete menus – only examples of how to use high protein foods each day.)

Breakfast		
1	Egg	8
1 cup	Milk	8
1 slice	Whole Wheat Toast	2
Total for breakfast		18
Lunch		
3 oz	Tuna salad made with one small can of tuna	25
Total Lunch		25
Dinner		
3 oz	Chicken	23
Total Dinner		23
Snacks		
½ cup	Almonds (snack)	13
1	Protein shake made with whey protein powder	24
Total Snacks		37
Daily Total		103 grams

Breakfast		
1 cup	Oatmeal	5
1	Egg (it can be added to your oatmeal)	6
1 cup	Milk	8
Total for breakfast		19
Lunch		
1 cup	Pinto beans	15
1 slice	Corn Bread	3
Total Lunch		18
Dinner		
3 oz	Pot Roast	23
Total Dinner		23
Snacks		
½ cup	Cashews (snack)	12
1	Protein shake made with whey protein powder	24
Total Snacks		36
Daily Total		96 grams

Breakfast		
1	Protein shake made with whey protein powder	24
Total for breakfast		24
Lunch		
1 cup	Cottage Cheese	30
Total Lunch		30
Dinner		
1 cup	Brown Rice	15
3 oz	ham	19
Total Dinner		24
Snacks		
½ cup	Cashews (snack)	12
½ cup	Sunflower Seeds	12
Total Snacks		24
Daily Total		102 grams

Using Protein Powder

The best advice I can give you about using protein powder is to get creative. Don't just mix it with water or milk! You will be disappointed in the flavor. It has been my experience that if you follow the manufacturer's directions the flavor is pretty disappointing. For example Chocolate doesn't taste much like chocolate. I have learned to stick with plain vanilla and add own my fresh natural flavors and found I can make some very tasty shakes this way.

Protein & OJ shake (Similar in taste to an Orange Julius) –

Mix the following into a hand shake drink mixer (or jar) and shake. Drink immediately. You do not need a blender to prepare this shake. You can use a jar with a tight lid but it works much better if you purchase one of those hand shakers, the kind that has a paddled insert that can break up the lumps when you shake it.

- 1 scoop of vanilla flavored whey protein powder
- 1 cup of orange juice

Green Protein & Fiber OJ Shake –

This is a variation of the previous drink. Mix the following into a hand shake drink mixer or blender and shake or blend. Drink immediately. Psyllium husks add fiber and help prevent constipation. It is important to also drink one full glass of water after the shake if you add psyllium husks so that the husks can expand properly in your stomach. The liquid chlorophyll will boost your iron count and help prevent anemia. You can add either or both of these optional ingredients and it still tastes good.

- 1 scoop of vanilla flavored whey protein powder
- 1 cup of orange juice
- 1 tablespoon of psyllium husks (optional)
- 1-2 tablespoons of liquid mint flavored chlorophyll (optional)

Fruit Smoothie with Protein

You do need a good blender to mix this one. Add the following ingredients to a blender and blend. Drink immediately or freeze for a frozen treat later. If you want extra sweetness try adding some stevia or agave nectar for healthier sweetness. Blueberries and bananas are sweeter fruits. So using them will make the drink sweeter naturally. Bananas if frozen first will make the consistency more like ice cream.

- a few handfuls of frozen fruits (your choice: strawberries, blueberries, bananas, peaches, etc.)
- 1 scoop of whey protein powder
- 1 cup of milk, almond milk or rice milk (no soy please)
- 1 tablespoon of liquid chlorophyll or spirulina (optional greens)

Other uses for protein powder

- Add a scoop or two to pancake batter before making pancakes.
- Add a scoop or two to corn bread or cookie recipes.