



LIFESTYLE MEDICINE

Protein Focused, Plant Forward



NORTH CYPRESS
Internal Medicine and Wellness

As you aim to optimize your health, no matter what your eating “style”, consider to ensure you are getting adequate protein and fiber. “Protein Focused, Plant Forward” is a helpful reminder! For specific guidelines on how much protein you should be consuming, you can chat with your provider. But here are a few tips if you are busy and on the go!



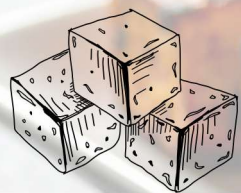
Simple Protein Smoothie: Blend 1 ½ cups of frozen berries with 1-1 ½ scoops of your favorite protein powder, 12-16 oz of water (or unsweetened almond milk). Depending on the protein powder, approx. 25-30g protein. Sunwarrior Vanilla is an excellent choice! For an optional boost... add 1TB of ground flax seed and a handful of spinach! Other great options for protein powder: [Best Protein Powders](#)

Protein packed yogurt: Greek yogurt (if consuming dairy) is an excellent source of protein - look for no sugar variety, add some berries! If non-dairy, try coconut yogurt with a scoop of protein powder.



Power Oats: Toss some protein powder in your a.m. oats - Prepare oats normally, add some extra hot water, stir in protein powder, and enjoy. For a total win and Omega 3 boost, toss in 1 T ground flax seeds, 1 T chia seeds, or both!

O-bean edamame snacks: Find little 100 cal travel packs on Amazon (100 cal, 11 grams protein). Wonderfully tasty!



Tofu (for those willing to try): Put a block of tofu in a tofu press, squish out the water, cut in cubes, marinate with a little tamari or coconut aminos, toss in the air fryer for 10 min. Snack and go! Excellent with peanut sauce.

Legumes (lentils, black beans, garbanzos) and **legume pasta** (e.g. red lentil pasta) are excellent sources of protein plus fiber!



For those not on a plant based diet - **Egg whites/egg, 3-4oz of animal protein, or cottage cheese** as a snack are all great options!

Next month, we'll look at fiber power houses! Stay tuned...