

Stepping Up Your Nutrition Meal Ideas

Breakfast Ideas

The Greek: Top 6 oz Greek Yogurt (17 g pro) with 1/2 cup berries or fruit of your choice and 1 cup low-fat or fat-free cow's milk (8 g pro). **Total ~ 25 g Protein**

Breakfast Sandwich: Place 1 cooked egg (6 g pro), 1-ounce Canadian bacon (8 g pro), and 1 ounce low-fat or fat-free cheese (6 g pro) between two toasted whole-grain English muffin halves. Enjoy with 1 cup apple juice. **Total ~ 20 g Protein**

Pop-Up Delight: Toast a whole-grain toaster waffle and top with 6 oz low-fat or fat-free Greek yogurt (17 g pro), 1/4 cup walnuts (5 g pro), and 1/2 cup mixed berries, and 1 cup cow's milk (8 g pro). **Total ~ 30 g Protein**

Bagel Sandwich: Smooth 2 tablespoons of nut butter (7 g pro) and 1 fried egg (6 g pro) on a 3-inch toasted whole-grain bagel. Serve with 1/2 cup orange juice and 8 oz of Ensure (9 g pro) or 1 cup milk (8 g pro). **Total ~ 22 g Protein**

Rainbow Fruit Parfait: Layer 6 oz low-fat or fat-free Greek yogurt (17 g pro) with 1/2 cup blueberries, 1/2 cup sliced strawberries, and 1/2 cup sliced kiwifruit. Sprinkle with 1/2 cup walnuts (10 g pro). Enjoy with 1 cup of Tea. **Total ~ 27 g Protein**

Lunch Ideas

Tuna on Toast: Mix 3 ounces water-packed tuna (21 g pro) with 2 tablespoons of non-fat plain Greek yogurt (6 g pro). Spread on 2 slices toasted whole wheat bread and top with romaine lettuce and 2 slices tomato. Serve with fruit and water with lemon slices. **Total ~ 27 g Protein**

Pita and Peanut Butter Yum: Spread 2 tablespoon favorite nut butter (7 g pro) inside a 4-inch whole-wheat pita pocket and stuff with 1/2 cup sliced strawberries or some jelly. Serve with 1 cup fat-free milk. (8 g pro). **Total ~ 20 g Pro.** If you need more protein, add 1/2 cup cottage cheese for an additional 14 g protein. **34 g total**

Grilled Sandwich: Spread 2 slices of whole wheat bread with butter or margarine. Make a sandwich with 2 ounces sliced reduced-fat cheese (12 g pro) and 1 oz ham (7 g pro). Serve with 1 cup tomato basil soup made with milk (8 g pro). **Total ~ 27**

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grams Protein. Need more protein? Add a high protein bar (~5 grams) or 20 almonds (5 g pro). **Total ~32 g Protein.**

Protein-Packed Leftover Salad: Slice 3 ounces leftover grilled chicken or roasted sirloin steak (26 g pro). Mix with 1 cup romaine lettuce, 1/2 cup tomatoes or veggies of your choice, and 2 tablespoons crumbled blue or feta cheese (~3 g pro), and 1/4 cup sunflower seeds (6 g pro). Drizzle with 2 tablespoons low-fat balsamic vinaigrette dressing. Serve with iced tea. **Total ~ 35 g Protein**

Ham and Cheese Please: Place 3 ounces lean ham (18 g pro) and 2 ounces low-fat Swiss cheese (12 g pro) on a whole grain bun. Top with 2 tablespoons stone-ground mustard and romaine lettuce. Accompany with a small, sliced apple and glass of refreshing ice water. **Total ~ 30 grams of Protein**

Deli Bite: Layer 3 ounces sliced lean roast beef (26 g pro) on a roll and top with lettuce and 2 tablespoons mashed avocado. Serve 1/2 cup cooked beans (8 g pro) and lemonade. **Total ~ 34 grams Protein**

Dinner Ideas

Grilled Salmon: Marinate 3 ounces salmon (19 g pro) in orange juice. Grill with 1/2 cup baby red potatoes, 1/2 cup onions, and 6 asparagus spears tossed with 1 teaspoon olive oil. Serve with a crusty whole-grain roll and 1 cup milk (8 g pro).

Total ~ 27 grams Protein

Vegetarian Delight: Sauté 2 teaspoons garlic in 1 tablespoon olive oil. Toss in 1/2 cup chopped tomatoes, 1/2 cup broccoli, 1/2 cup asparagus, 1/2 cup mushrooms and 2 tablespoons shredded carrots, 1/2 cup Tofu (12 g pro). Cook until the vegetables are tender. Add in 1/2 cup black beans (8 g pro). Mix with 1 cup cooked pasta and top with 2 tablespoons feta cheese (~3 g pro). Serve with 1 cup soy milk (7 g pro). **Total ~ 27 grams Protein**

Snack Idea

Powered-Up Banana: Cut banana into slices and insert a toothpick into each slice. Spread nut butter on the bottom of each slice, then dip in roasted, unsalted sunflower seeds or finely crushed nuts and dust w/cocoa powder. **~14 g Protein.**

Additional Nutrient-rich recipes designed for 1-2 people can be found at

<https://gwaar.org/eat-well-age-well>