



## Add Protein to Your Plate

### Easy High-Protein Meal Ideas (20–30g protein each)

Meal	Ingredients / Ideas	Protein Estimate
<b>Egg &amp; Cheese Sandwich</b>	2 eggs + 1 oz cheese + 2 slices whole grain bread	~22g
<b>Tuna Salad Plate</b>	1 can tuna + 1 tbsp mayo + whole wheat crackers or bread + veggie sticks	~25g
<b>Peanut Butter Banana Wrap</b>	2 tbsp peanut butter + 1 small banana + whole wheat tortilla	~20g
<b>Yogurt Power Bowl</b>	1 cup Greek yogurt + 2 tbsp granola + 1 tbsp seeds/nuts	~25g
<b>Cheesy Bean Quesadilla</b>	½ cup black beans + 1 oz shredded cheese in tortilla	~20g
<b>Simple Stir-Fry</b>	3 oz chicken or tofu + frozen stir-fry veggies + ½ cup cooked rice	~25–30g
<b>Quick Chili Bowl</b>	¾ cup canned chili + sprinkle of cheese + side of cornbread	~23g
<b>Cottage Cheese Plate</b>	1 cup cottage cheese + fruit + whole grain toast	~28g
<b>Ham &amp; Cheese Omelet</b>	2 eggs + 1 oz ham + 1 oz cheese	~25g
<b>Turkey &amp; Hummus Wrap</b>	2 oz deli turkey + 2 tbsp hummus + tortilla	~22g



## **Protein-Packed Snacks (8–15g per snack)**

Combine 2–3 snacks throughout the day to boost protein!

Snack	Ingredients / Ideas	Protein Estimate
<b>Hard-Boiled Eggs (2)</b>	Sprinkle with pepper or paprika	~12g
<b>Peanut Butter Crackers</b>	2 tbsp peanut butter + 4–6 whole grain crackers	~10g
<b>Trail Mix</b>	¼ cup nuts + 2 tbsp dried fruit + 1 tbsp seeds	~8–10g
<b>String Cheese + Apple</b>	1 cheese stick + 1 small apple	~7g
<b>Protein Shake</b>	1 scoop protein powder + 1 cup milk or soy milk	~20g
<b>Cottage Cheese Cup</b>	½ cup cottage cheese + fruit or veggie sticks	~14g
<b>Hummus &amp; Veggies</b>	¼ cup hummus + carrots/celery or pita	~6–8g
<b>Greek Yogurt Cup (5oz)</b>	Look for plain or lower sugar versions	~12–15g
<b>Edamame (steamed)</b>	½ cup shelled edamame	~9g
<b>Almond Butter Banana Bites</b>	Banana slices + almond butter	~6–8g

### **Tips to Boost Protein:**

- Add **cheese, eggs, nuts, seeds, beans, or nut butters** to meals and snacks.
- Choose **Greek yogurt** or **cottage cheese** over regular yogurt.
- Keep **hard-boiled eggs, string cheese, and nut packs** on hand for grab-and-go.
- Use **protein-rich drinks** if chewing is difficult or when on the go.

To learn more about Falls Prevention visit <https://fallsfreewi.org/>

To learn more about nutrition and hydration visit <https://gwaar.org/nourishstep>