

Protein

FEEL THE DIFFERENCE



Protein is Key

Protein-rich meals and snacks, balanced within your caloric needs, offer a big payoff. Research shows that eating **protein** at each meal can help: ¹⁻⁷

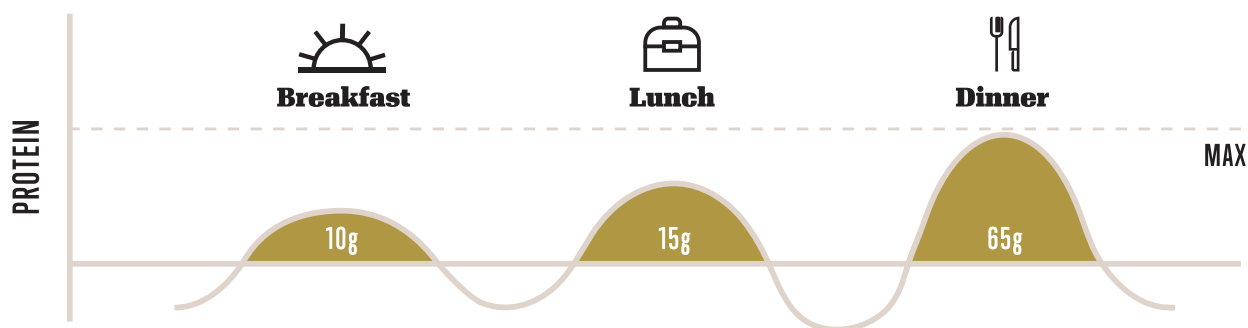


- Curb appetite, reduce cravings, promote fullness
 - Maintain normal blood pressure and cholesterol levels
 - Promote muscle building and recovery after exercise
 - Support physical and mental strength
- Prevent loss of muscle and strength that occurs with aging
 - Improve blood sugar control
 - Protect muscles during weight loss

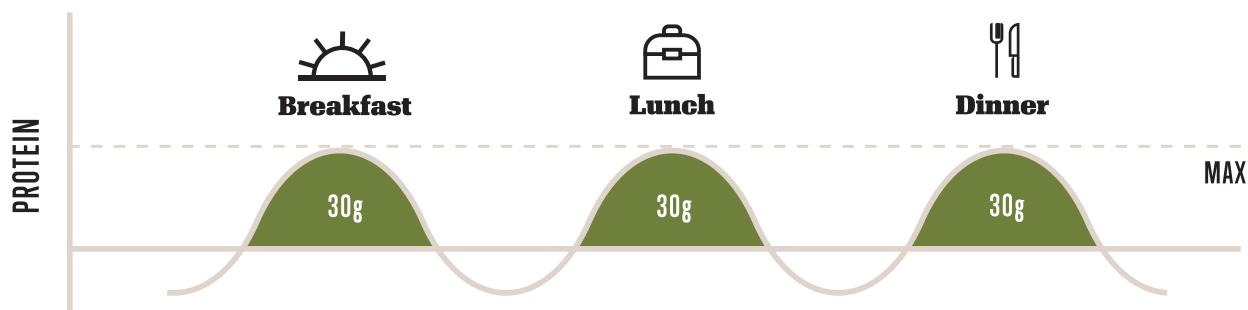
Rethink Protein

Aim for 25-30g Protein at all 3 Meals ^{3,7-9}

American's Typical Protein Distribution

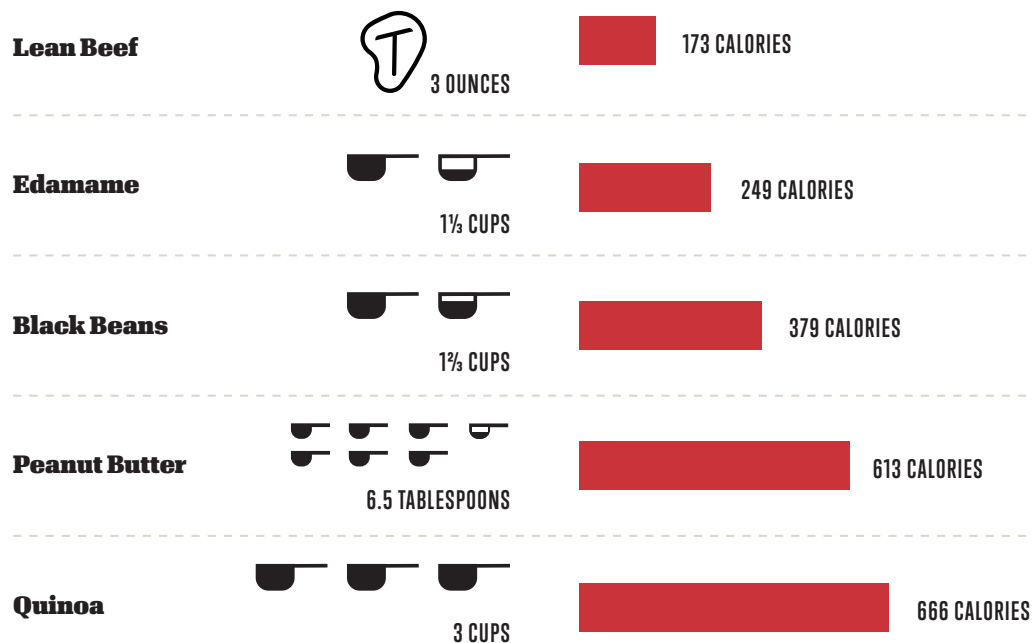


Optimal Protein Distribution



What does 25 grams of protein look like?

While some plant foods are good sources of protein, lean beef can offer more protein in fewer calories.¹⁶ Take a closer look below.



Try the Protein Challenge

Focus on eating 25-30 grams of protein for all three meals. Consider keeping a food journal (example shown below) to help recognize the difference protein makes for you.

TIME	PRE-MEAL HUNGER	PRE-MEAL MOOD	MEAL & PROTEIN	POST MEAL HUNGER	POST MEAL MOOD
6:30 am	4	A little tired and groggy	2 oz leftover pot roast (16g) on a whole wheat tortilla (2g). 8oz glass of milk (8g).	7	awake, satisfied, balanced

Learn more about the Protein Challenge at BeefLovingTexans.com/proteinchallenge

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Beef and Egg Breakfast Mug

Makes 1 Serving

INGREDIENTS

- 1 large egg
- 4 Tbsp. Basic Country Beef Breakfast Sausage
- 2 Tbsp. shredded reduced-fat cheese such as Cheddar, Monterey Jack or American
- 2 Tbsp. chopped fresh vegetables (tomato, spinach, bell pepper, green onion)
- Salt and pepper (optional)

PREPARATION

- ① Prepare healthy beef breakfast sausage. Try the Basic Country Beef Breakfast Sausage recipe at beeflovingtexans.com, or set aside 1 ounce (around 2 Tbsp.) of leftover cooked beef like taco meat, chopped steak or shredded beef.
- ② Spray one 6 to 12-oz. microwave-safe mug or bowl with non-stick cooking spray. Add 1 large egg and 1 Tbsp. water; whisk with fork. Stir in 2 Tbsp. beef.
- ③ Microwave, uncovered, on HIGH 30 for seconds. Remove from oven; stir. Continue to microwave on HIGH 30 to 60 seconds or until egg is just set. Stir. Top with 2 Tbsp. low-fat cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with toppings, if desired.

Nutrition information per serving:

200 Calories; 102 Calories from fat; 11.3 g Total Fat (4.7 g Saturated Fat; 3.2 g Monounsaturated Fat); 231 mg Cholesterol; 339.3 mg Sodium; 1.8 g Total Carbohydrate; 0.2 g Dietary Fiber; 21.8 g Protein; 2.0 mg Iron; 271.0 mg Potassium; 0.3 mg Riboflavin; 5.2 mg Niacin; 0.2 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 3.3 mg Zinc; 23.9 mcg Selenium; 184.7 mg Choline.

This recipe is an excellent source of Protein, Selenium, Zinc, Riboflavin, Niacin, Vitamin B₁₂ and Choline. It is a good source of Iron and Vitamin B₆.

Breakfast Ideas

Each of these combinations provide at least 25 grams of protein and can be made with leftover beef.

- Beef and Egg Breakfast Mug and Greek yogurt with berries
- Shredded Beef & Egg Quesadillas with salsa and apple slices
- Beef Steak and Root Vegetable Hash with a glass of low-fat milk and grapes

Snack Ideas

Snacks can be an important part of a healthy diet. These combinations provide protein as well as other nutrients your body needs.

- Beef meatballs and baby carrots
- Celery strips with peanut butter
- Beef jerky and grape tomatoes
- Sliced fresh veggies with hummus
- Bell pepper strips wrapped with deli roast beef



For these breakfast recipes and more, visit BeefLovingTexans.com or hover your phone camera over the code