

# 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: <sup>17</sup>

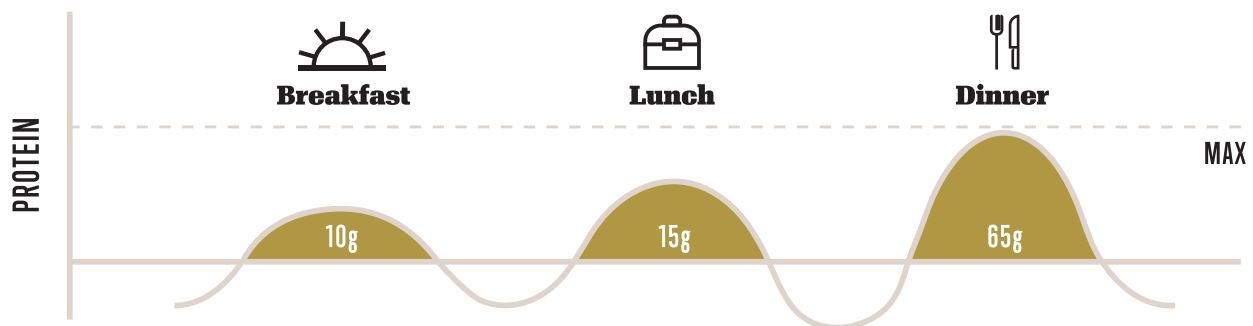


- Curb appetite, reduce cravings, promote fullness
  - Maintain normal blood pressure and cholesterol levels
  - Promote muscle building and recovery after exercise
  - Support physical and mental strength
- Prevent loss of muscle and strength that occurs with aging
  - Improve blood sugar control
 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

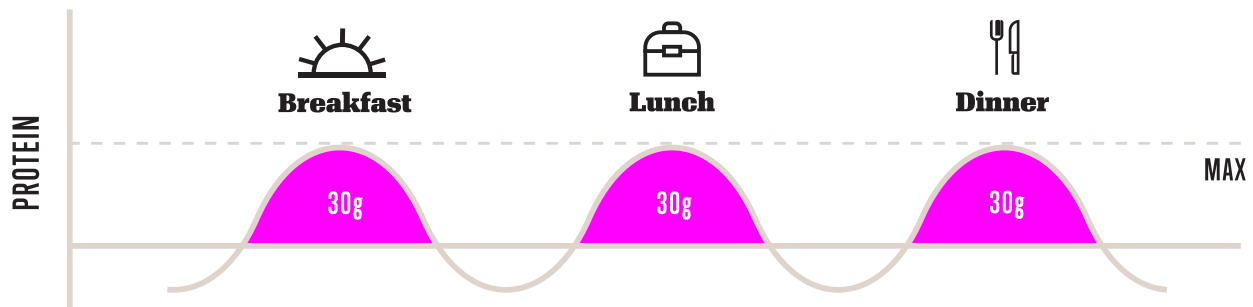
## Rethink Protein

Aim for 25-30g Protein at all 3 Meals <sup>3,7-9</sup>

### American's Typical Protein Distribution



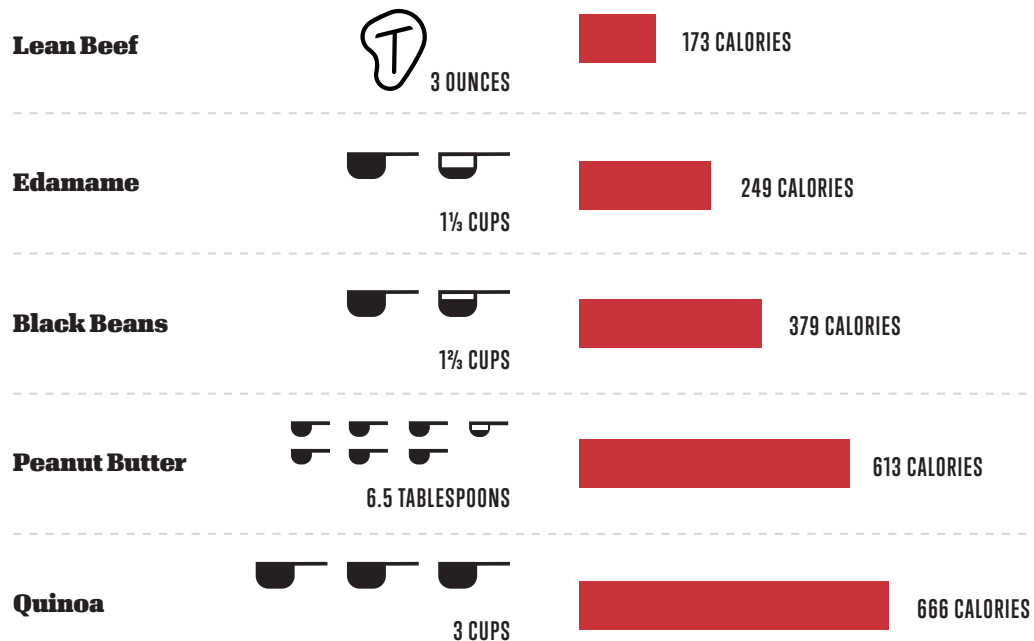
### Optimal Protein Distribution





# 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.<sup>16</sup> 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](https://BeefLovingTexans.com/proteinchallenge)

### REFERENCES

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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](http://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 B<sub>6</sub>; 1.6 mcg Vitamin B<sub>12</sub>; 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 B<sub>12</sub> and Choline. It is a good source of Iron and Vitamin B<sub>6</sub>.

## 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](http://BeefLovingTexans.com) or hover your phone camera over the code