



Email with Questions

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## **PROTEIN is one of the body's most important nutrients.**

It is used in every cell in the body. Protein works to keep our immune system strong, our bone health sturdy, metabolism going, and helps us to maintain/build muscle tissue. This is crucial, especially as we age.



## **Easy & delicious snack that is packed with protein and omega-3:**

- 2 slice whole grain toast
- 1 fresh avocado
- 1 small can sardines
- 1 tablespoon EVOO (Extra-Virgin Olive Oil)
- 1 fresh lemon, juiced
- Fresh ground sea salt and black pepper

\*Consult your doctor or dietician for nutrition information specific to you.

# HOPE LODGE

## DEMO 4/14/25

Food Group	Product	Approx. Grams of Protein
Meat & Poultry 3-4 oz.	Lean Beef	23
	Steak Filet	24
	Sirloin	25
	Chicken Breast	24
Dairy	1 cup nonfat milk	8
	1/2 cup nonfat plain Greek yogurt	12
	1/2 cup 2% fat cottage cheese	12
	10 oz. reduced fat cheddar cheese	8
Fish & Seafood	3 oz. sardines	21
	1 small cod fillet	27
	1 salmon fillet	36
	3 oz. crab meat	18
	3 oz. shrimp	18
Grains 1/2 cup	Brown Rice	2
	Oatmeal, whole wheat pasta or wild rice	3
	Quinoa	4
Beans, Peas, and Lentils 1 cup	Beans (black, kidney, pinto, garbanzo)	15
	Chickpeas	15
	Green peas	9
	Lentils	18
Nuts & Seeds 1/4 cup	Almonds, pistachios or cashews	6
	Pecans or walnuts	4
	Pumpkin, Chia, or Sunflower seeds	5
	Peanuts	7

## Notes:

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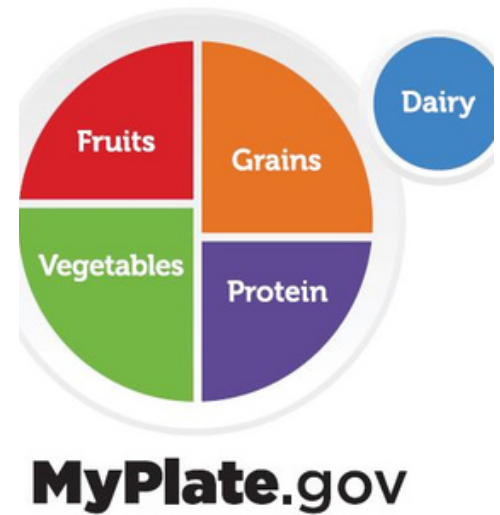
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## Making easy adjustments:

- Focus on whole fruits
- Vary your veggies
- Vary your protein routine
- Make half your grains whole grains
- Move to low-fat or fat-free dairy milk or yogurt
- Drink and eat less sodium, saturated fat, and added sugars



## BAKED CHICKEN BREASTS

- 3-4 boneless skinless chicken breasts
- 2 tbsp. Extra Virgin Olive Oil (EVOO) or avocado oil
- 1 teaspoon fresh ground sea salt and black pepper
- 1 teaspoon garlic powder and turmeric



Preheat your oven to **450°F**. Find a baking sheet with sides, so the chicken juices don't run all over your oven. This is probably different than what you would use to make cookies. Cover the cookie sheet with a piece of parchment paper or tin foil, this will make your cleanup easier.

Place the chicken breasts (rough side up) on the parchment paper. Drizzle with the EVOO and sprinkle with salt, pepper, turmeric, and garlic powder. Bake for about **25 minutes**, depending on size. If you have bone-in chicken breasts, you will need to cook for about 35-40 minutes.

Let the chicken cool for about 10 minutes, then you can shred it with your hands or two forks.

