

Research suggests getting about 30 grams of protein at meals may enhance muscle growth and reduce muscle loss that occurs with aging.

Here is what that might look like at mealtime:

*Breakfast*



2 egg omelet with cheese + ham or plant sausage patty



cup cottage cheese



scoop protein powder + spoonful nut or seed butter



Pkt oats + cup milk + spoonful nut butter + handful hemp seeds



cup Greek yogurt + handful nuts + handful granola



nut butter sandwich on whole grain bread + cup milk

*Lunch & Dinner*



can of tuna



1/2 block tofu + cup brown rice + handful seeds



cup quinoa + cup beans + handful feta



cup whole grain pasta + 2 meatballs + parm cheese



chicken breast (4 ounces)



10 to 15 shrimp

Make it a meal: include a fruit or vegetable (and whole grain, if needed)