Protein & Healthy Bread Guide

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Simple additions • Better bread choices • Easy shopping tips

Protein

Easy Breakfast Proteins

- Eggs or egg whites
- Greek yogurt
- Cottage cheese
- Chicken or turkey sausage
- Smoked salmon
- Protein powder (Naked Goat, Isopure low-carb) added to oatmeal, smoothies, yogurt, or energy balls
- PB2 or other powdered peanut butter (low calorie and high protein)
- Overnight oats made with Greek yogurt and chia seeds

Easy Lunch & Dinner Proteins

- Chicken breast or thighs
- Turkey
- Lean ground beef
- Lean pork or pork tenderloin
- Fish - salmon, tuna, cod, or tilapia
- Shrimp and other seafood
- Canned tuna, salmon, or chicken
- Rotisserie chicken
- Eggs
- Cottage cheese
- Beans and lentils
- Tofu or tempeh
- Edamame

Quick Protein Snacks

- Greek yogurt
- Cottage cheese with fruit
- Hard-boiled eggs
- Cheese or string cheese
- Turkey or chicken roll-ups
- Tuna packets
- Edamame

- Roasted chickpeas
- Nuts and seeds
- PB2 with fruit
- Protein shake
- Lower-sugar protein bar

Easy Ways to Add More Protein

- Add egg whites to scrambled eggs.
- Add Greek yogurt to smoothies or use it instead of sour cream.
- Add cottage cheese to eggs, smoothies, or pasta dishes.
- Add chicken, tuna, salmon, beans, or eggs to salads.
- Add beans or lentils to soups, chili, pasta sauce, and grain bowls.
- Sprinkle hemp hearts, chia seeds, pumpkin seeds, or nuts onto oatmeal, yogurt, and salads.
- Keep hard-boiled eggs, cooked chicken, Greek yogurt, and cottage cheese available for quick meals.

Protein at a Glance

Food	Approx. Protein
3 oz chicken or turkey	25–27 g
3 oz salmon	20–22 g
1 can of tuna	25–30 g
2 eggs	12–13 g
¾–1 cup Greek yogurt	15–20 g
1 cup cottage cheese	24–28 g
1 cup lentils	~18 g
1 cup edamame	~18 g
3 oz tofu	~8–12 g
1 scoop protein powder	~20–25 g*

**Protein amounts vary by product and portion size.*

Bread

Replace bread with 100% sprouted-grain or dense whole-grain bread because it is high in fiber and protein to help keep you full.

- Sprouted-grain bread: Breads like Ezekiel 4:9 Sprouted 100% Whole Grain Bread contain whole grains and legumes, offering more protein and fiber to manage blood sugar.
- 100% whole-wheat bread: Provides more natural nutrients and fiber than refined white bread. Look for at least 3 grams of fiber per slice.
- Rye bread: Dense and high in fiber, helping you feel satisfied with smaller portions.
- Whole-grain sourdough: The long fermentation process results in a lower glycemic index, supporting steadier blood sugar levels.
- High-fiber/low-carb bread: Specially formulated options like Hero Bread use alternative fibers to cut down calories and net carbs per slice.
- Replace bread with: lettuce wraps, portobello mushroom caps, tomato slices, corn tortillas, high-fiber or low-carb tortillas, rice cakes, or cauliflower sandwich thins.

Shopping Tips

- Check labels to ensure 100% whole grain or whole wheat is the first ingredient.
- Choose thin-sliced varieties to easily control calorie portions.
- Pair your bread with protein or healthy fat such as eggs, avocado, or turkey to increase fullness.