

RÊVE HEALTH

# Protein Meal Options



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In order to have optimal blood sugar, we need to incorporate adequate protein with each meal. Consuming a minimum of 25–35 grams of protein per meal is ideal for protein intake and blood sugar balance.

## 25–35 Gram Protein Options

- 3 oz chicken
- 3 oz turkey breast
- 3 oz beef
- 4 eggs
- 4 oz fish
- 1 can of tuna or salmon
- 1 cup lentils
- 1.5 cups beans
- 1.5 cups chickpeas
- 1 cup cottage cheese
- 1 cup Greek yogurt
- 2–3 scoops protein powder (brand depending)

\*3 oz of animal protein is about the size of the palm of your hand