

10 Easy & Creative Protein Ideas

1. Roasted chickpeas (21g protein per 1/4 cup): Roast them in the oven until crispy, season with spices or salt and pepper. Tons of recipes online if you google it.
2. Edamame (15g protein per 1 cup): Buy them pre-shelled in the frozen vegetable section and cook according to package. Only takes a few minutes. Sprinkle with salt and pepper - yum!
3. Turkey wrapped asparagus (21g protein per 3oz of meat): Take deli turkey and wrap it around raw or roasted asparagus spears.
4. [KIND Bars](#) (Look for the ones that are 10-12g protein per bar): Lots of flavors, even savory ones like honey mustard, BBQ and sweet Thai. An easy gran-n-go snack.
5. Tuna packet and crackers or veggies (12g protein per single serve packet tuna)
6. Boiled egg and cottage cheese (21g per 1 egg + 1/2 cup cottage cheese)
7. [Jicama fish tacos](#) only take 15 minutes to prepare and are DELICIOUS! Lots of good recipes on this website.
8. [Smoked sausage, cheddar and broccoli pie](#) makes great leftovers for snacks or meals later in the week. Again, there are TONS of good recipes on this site.
9. [Hidden Valley Greek Yogurt Power Lentil Dip](#) - serve with veggies or crackers and enjoy!
10. [Check out this website](#) for dietitian-created and approved recipes including *protein pancakes* and *quinoa power salad*