

Vary Your Protein Meal Planning/Recording Worksheet

Note: Use this form to plan meals that include a variety of protein foods,
OR to record protein foods that you have eaten.

For more information, visit the website:

www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=198



Examples of portions that provide 6 to 8 grams of protein.
Choose 8 to 10 of a variety of these portions each day:

- 1/4 cup cooked dry beans/peas/lentils OR 1/4 cup tofu
- 1 cup milk/yogurt OR 1 ounce hard cheese OR 1/4 c cottage/ricotta cheese
- 1 egg
- 1 ounce cooked lean and boneless fin fish/shell fish
- 1 tablespoon peanut butter OR 1/2 ounce nuts/seeds
- 1 ounce cooked lean, boneless poultry/red meat

	Breakfast	Lunch	Supper
Weekday # 1			
Weekday # 2			
Saturday			
Sunday			

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

Worksheet developed by Mary Meck Higgins, Ph.D., R.D., L.D., Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Meal Planning/Recording Worksheet Recipe Series," March 2012. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating. Gary Pierzynski, Interim Director.