

MAYBE I WILL

POSITIVE / FIT / HEALTHY

25 Amazing Sources of Protein



In the world of diet and fitness the idea of eating protein seems to be crammed down our throats... EAT YOUR PROTEIN they say.. But Why? I have no desire to look like a beefed up she-man. It turns out to get the sleek trimmed down nicely toned bod I'm going for, Protein is a BIG part of that!



Here are the top 3 things I learned about protein...
(*AWESOME article found here on bornfitness.com*)

1

Protein is the building block of muscle construction... More muscle tone = better metabolism... If you don't get enough protein you're in for trouble! It will cause muscle depletion and all sorts of other nasty problems you don't want or need.

2

The base amount of protein you need is more than the required RDA states! Basically if you sit on your bum all day and have no desire to lose weight or tone anything you are perfectly ok with the recommended 50g of protein... Otherwise a good rule of thumb is 1.2-2 grams of protein for every 2.2 lbs of body weight for an active individual looking to lean up. (Example let's take my body weight of 131 lbs divide that by 2.2 you get 59.5 then you multiply that by 1.5 to get the grand total of 89 grams of protein I should be consuming to get the hot bod I'm going for.) Just some simple math. =)

3

Your body needs different kinds of protein... Just eating rice with protein won't cut it just like eating only chicken won't cut it either you need to mix it up! – This is where I come in!!!

25 AMAZING SOURCES OF PROTEIN

So here you are, 25 AMAZING sources of protein to help you pound the protein...
Cuz let's face it 89 grams is A LOT!!!
FYI All my sources clock in under 250 calories per serving!

1. Cottage Cheese
12 grams in 1/2 Cup Serving
2. Hard Boiled Egg
1 Egg = 6 grams
3. Protein Shakes
1 scoop of protein = 27 grams
4. Hummus
2 TBS = 2 grams – pretty high for a DIP
5. Lunch Meat & Cheese Stick Roll Up
16 grams
6. Reduced Sodium Beef Jerky
1 oz serving = 14 grams
7. Edamame
1 Cup = 17 grams
8. Protein Bar (Snack Size Variety)
around 200 Calories = 10-14 grams of protein
9. Celery + Natural Peanut Butter
2 TBS = 7 grams
10. Greek Yogurt
1 Cup = 23 grams
11. Almonds
21 – (count em' out) = 5 grams
12. Egg Whites
6 – 21 grams
13. Pumpkin Seeds
1/4 cup = 10 grams
14. Black Beans
1/2 Cup = 8 grams
15. Oatmeal
1/2 dry = 6 grams
16. Peanut Butter Protein Bites
Recipe Found HERE
2 grams per bite
17. Protein Pancakes
Recipe Found HERE
10.8 grams
18. Cinnamon Crunch Chickpeas
Recipe Found HERE
14 grams – these look AMAZING!
19. Protein Popcorn
Combine 3 cups air popped popcorn with 1/2 Scoop Protein Powder to coat = 16.5 grams
20. Wheat Berries
1/2 Cup Serving = 6 grams (*instructions on how to cook up these yummys can be found HERE*)
21. Western Bagel Alternative Bagels & 2 TBS Greek Yogurt Cream Cheese
11 grams
22. 8 oz Glass of 1% Milk
8 grams
23. Quinoa
1 Cup Cooked = 8 grams
24. Tuna
6oz can = 22 grams
Mix with 1 wedge laughing cow cheese (2g) & mustard!
25. Broccoli & Spinach
each have 6 grams per 1 cup serving not too shabby!

Well there you have it folks! My list of some new and not so new ways to eat your protein! To help you out I made a list of my favorite pantry protein staples I order from Amazon! Yumminess at your door in 2 days?! Does it get any better?

Links to Purchase for Yo' Self!

Whole Almonds
Isopure
Kind Bars
Quinoa

Protein Pancake Mix
Perky Jerky
Wheat Berries

Pumpkin Seeds
Irish Oatmeal
Quest Bars

Protein Packed Berry “Fluff” Salad



Growing up in the west, one thing you can bank on at any potluck is a “Fluff” salad. I believe its in some potluck bible somewhere that is required to be brought by someone. For those of you not familiar with this particular delicacy... let me fill you in. These salads all contain Jell-O, fruit, and a large amount of Cool Whip. Some variations have cottage cheese, cream cheese and other sources of creaminess. As you can imagine this combo is a delightful one! But not on the healthy side at ALL (apart from some fruit tossed in for good measure). So as with most of my concoctions I took this concept and revamped it and made it something you can devour on the daily without an ounce of guilt! Oh and did I mention my fluff salad as 49 grams of Protein, So with that I proudly present my current snack crush Protein Packed Berry “Fluff” Salad! You’re welcome. =)

PREP TIME	COOK TIME	TOTAL TIME	MAKES
2 mins	3 mins	5 mins	1 serving

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 320	
% Daily Values*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 12.5mg	4%
Sodium 390mg	16%
Total Carbohydrate 31.5g	11%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 49g	98%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients

7 Cup Frozen Berry Blend

7 Cup 0% Fat Greek Yogurt

7 Scoop Isopure Vanilla Protein Powder

7-2 TBS Walden Farms Marshmallow Dip

Protein Packed Berry "Fluff" Salad



how to do it

- 1 Heat berries in microwave for 1 ½- 2 minutes until defrosted completely and a nice syrup forms
- 2 Blend berries in with yogurt, protein powder and marshmallow dip and Enjoy!
- 3 Easy Peasy and sooo good! Oh it makes a ginormous bowl! =)

Just some notes - I really like Isopure in this recipe as it provides a large portion of protein with only 110 calories and 0 carbs! It is also my favorite protein powder for body fat loss. Also if you have not tried Walden Farms products. You are missing out! They are all calorie free and actually taste good! Their Marshmallow dip is PURE magic in this recipe and gives the recipe just the right amount of "Fluff" - I included a link to purchase on Amazon. But you can usually find Walden Farms products at any healthy swanky type grocery store. I have found it at Sprouts, Whole Foods, and even a couple of times at Target. In a pinch you could use FREE Cool Whip for same effect.

I have been snacking on this one for awhile and it has become one of my "go to" sweet afternoon snacks and it helps me get in my protein which can be a struggle some days! So enjoy and happy snacking!

Protein Packed Cookie Butter Waffles



Yep you read that title correctly - Protein Packed Cookie Butter Waffles! All in {even with the Berry Syrup} you're only at 303 calories!! Can I get an Amen! Life is way too short and should always include waffles. =)

If you are sensitive and snobbish about artificial sweeteners then these are not for you.... With that being said in my ever so humble opinion these are pretty dang awesome and have a great flavor! I believe in being "healthyish" So I do not turn my nose up at products that include Splenda, obviously Stevia and other more natural options are best but I do believe in all things in moderation. I am a huge fan of the Torani Sugar Free syrups they have great flavor and no calories! I believe them to be a great alternative to other more glutenous options. So if you are going to be mad at me for using a splenda based product just going on being a hater and I'll sit in my corner enjoying these delicious 189 calorie waffles

PREP TIME
5 mins

COOK TIME
3 mins

TOTAL TIME
8 mins

MAKES
1 serving

Ingredients

- 1 Scoop Vanilla Protein Powder
(I used BSN Syntha 6 Vanilla Ice Cream Flavor)
- 2 Egg Whites
- 2 TBS Torani Sugar Free Belgian Cookie Flavored Syrup
- 1 tsp Baking Powder
- 1/2 tsp cinnamon or more to taste

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 189

% Daily Values*

Total Fat 2.2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 780mg **33%**

Total Carbohydrate 7.9g **3%**

Dietary Fiber 2g **8%**

Sugars 1.4g

Protein 32.2g **64%**

*Percent Daily Values are based on a 2,000 calorie diet.

Protein Packed Cookie Butter Waffles



how to do it

- 7 Use whisk to combine ingredients. Once combined a smooth batter has formed use spatula to transfer batter to waffle iron. I like my waffles crispy so I set my waffle iron on the highest setting... Just follow your waffle iron instructions and wait! Then Enjoy!

To make the syrup just microwave 1 cup of a fresh frozen triple berry blend - for 1 1/2 - 2 minutes - once syrup is warm whisk in 1 tsp cornstarch or arrowroot and 1 tsp stevia - done and done! Then top your waffle with this goodness and sit back and enjoy!!!

Tell me this does NOT make your mouth water! These are CRAZY easy to make and are super filling and satisfying! Next time I think I'll add some Greek yogurt to my syrup for even more of a protein punch!

Shakeology Energy Snack Bites



Yes it does still exist! Yep peeps Whip It Up Wednesdays are BACK! I've got some yummy and healthy summer treats coming your way! It's amazing once you get "settled" how much more empowered you feel! My life has been in limbo for the last 6 months and as a type "A" personality this has about killed me! But I survived it all!

And now that we are moved, Husband's new job is stable, no showings, no packing, just living life! I am one happy camper!!

One thing that I found over the past six months and have absolutely FELL in love with is Beach Body's Shakeology! I was super cynical and wasn't quite sure that it measured up to the hype... But after being on the product for awhile now. It has made a world of difference in my overall health! It has provided me with energy, good health, and my pipes are running like a champ. Oprah would be proud... ☺ I found this recipe for these yummy little treats on an insert that came with one of my shipments and thought I'd give them a try! (with some Andie tweaks of course...) And they have become a staple in our home! Even Miss Picky Pants McGee loves them! (A Total Win!!)

Ingredients

- 1 Cup Chocolate Shakeology
(You could totally sub out for your fav chocolate protein powder)
- 1 Cup All Natural Nut Butter
(I've used both Almond and Peanut)
- ½ Cup Organic Honey
- 1 Cup Rolled Oats
- 1 tsp Vanilla
- ½ tsp Cinnamon or Ground Espresso
(Chocolate Enhancers)

how to do it

Combine together and roll into balls. Place on cookie sheet lined with wax paper refrigerate until set (approx 1 hour) If you can wait that long... Then Enjoy! I like to eat mine cold so I keep them in the fridge! They are the perfect sweet treat when I am jonesin' for something chocolately and bad for me!

Protein Packed Raspberry Chocolate Oatmeal



If you're like me mornings are crazy busy and I always seem to be in some sort of rush! Or if I do have time I am headed into a busy morning where I won't have the opportunity to eat or snack until lunch. Enter my secret weapon! These Protein Packed Oats will seriously keep you full for HOURS! I have a couple different flavors combos that I have whipped up that I rely on. But today I'm sharing my Chocolate Raspberry version! It is SOOO good and like I said will keep you FULL!

Ingredients

- $\frac{1}{2}$ C Old Fashioned Rolled Oats
- 1 C Unsweetened Vanilla Almond Milk
- 1 C Water
- $\frac{1}{2}$ Scoop Chocolate whey protein Powder
- 1 Cup Fresh or Fresh Frozen Raspberries
- 2 pkts Stevia - or to taste

Top with a small handful of Dark Chocolate Chips (optional)

Protein Packed Raspberry Chocolate Oatmeal



how to do it

- 1 Stir Oats and Liquids until they come to a full boil.
- 2 Reduce heat to a slow simmer. Let simmer for 10-12 minutes stirring occasionally.
- 3 When you have about six minutes left whisk in protein powder. By whisking you'll avoid nasty protein clumps. (Trust me you don't want them!)
- 4 Once the Protein has been whisked in add your raspberries.
- 5 Remove from heat and let stand for a couple minutes.
- 6 Then top with dark chocolate chips and ENJOY!!!

After adding the Liquids you're gonna think I'm crazy! It will seem like WAY too much! But trust it will all work out!

Whisk in your Protein Powder during the last 6 minutes of Cooking – this will minimize the protein powder breakdown.

Ahh yeah the best part is enjoying your yummy oats! Between the raspberries, oatmeal, and protein powder this little gem is engineered to provide energy and lasting fullness! Enjoy!!!

Protein Packed Pumpkin Oatmeal

I love me a big ole' bowl of oatmeal on a cold morning, it's just good for the soul! I learned an awesome trick from The Hungry Girl awhile back, that rocked my world! She is pretty much AMAZING and I have a huge blog crush on her. If you haven't checked out her site or her cookbooks you totally should!

I decided to up the ante on my morning oats by packing them with protein and this little concoction is pretty much pumpkin goodness personified! Enjoy!



Nutrition Facts

Serving Size (670g)

Amount Per Serving

Calories 332 Calories from Fat 79

% Daily Values*

Total Fat 8.8g **14%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 253mg **11%**

Total Carbohydrate 49.1g **16%**

Dietary Fiber 8.7g **35%**

Sugars 9.4g

Protein 21.7g **43%**

Vitamin A 391% • Vitamin C 9%

Calcium 56% • Iron 24%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients

1/2 Cup Dry Oats

1 Cup Unsweetened Vanilla Almond Milk

1 Cup Water

1/2 Scoop Vanilla whey protein

1/2 Cup Pumpkin

2-3 Packets Stevia or to taste

1 tsp Cinnamon

1/4 tsp Nutmeg (freshly grated is best)

1 tsp Vanilla

1 TBS Dark Chocolate Chips

how to do it

- 1 Put Oats, Milk and Water and Protein in sauce pan and let come to a boil, once boiling reduce heat and let simmer for 10-12 minutes.
- 2 Once heat is reduced add all other ingredients. (except chocolate chips).
- 3 Let oats cool and thicken for a few then top with chocolate chips and then DIG in!!!

The Best Ever Protein Mug Cake



I have been on a mission to find the perfect protein mug cake. In the last month, I have tried more than a few and I have been sorely disappointed each and every time! I think I'm going to get this great sweet treat to help fill the void of cake in my life, and all the ones I tried were just not good! They were actually border line inedible! Sticking with proper nutrition has and will always be my Achilles heel. So that is why it is super crucial for me to find healthy alternatives... So that I can stay on track and keep moving forward and keep crushing my goals! So when I tried this particular recipe and took a bite... I think I might have heard angels singing! It's that good! I made a couple more small tweaks and what we have here is PURE Protein Mug Cake perfection!! My mouth is watering just thinking about this!!

The Best Ever Protein Mug Cake

Ingredients

- 2 TBS Coconut Flour
- 1 TBS Chocolate Protein Powder -
I like Quest Protein Powder for my Baking Recipes
- ¼ tsp Baking Powder
- 1 TBS Stevia
- ¼ tsp Pure Vanilla Extract
- ¼ C Egg Whites
- 2 TBS Unsweetened Vanilla Almond Milk

how to do it

- 1 Mix Ingredients until smooth then pour into prepared mug - I used coconut oil.
- 2 Bake in microwave in mug for 1-3 minutes at 70% power checking every minute. Mine took two minutes and it was PERFECT!



TO MAKE THE YUMMY VELVETY CHOCOLATE DRIZZLE

Ingredients

- 1 TBS Smooth All Natural Peanut Butter
- 2-3 Dark Chocolate chips - I like this kind for Chocoley

how to do it

Melt PB & Chocolate until smooth and pour over your cake!
Seriously HEAVEN! + Healthy - that's a win my friend!
Enjoy!