

Quick Nutrition Check for Protein: Sample Menus

Protein is found in many foods and is needed to keep you healthy. The amount of protein you need is based on your weight. An adult who weighs 80kg (176 lbs) needs about 64 g of protein each day while an adult who weighs 65kg (143 lbs) needs about 52g of protein each day.

The sample menu plans show how protein needs can easily be met through foods for both mixed (plant and animal foods) and vegan (plant foods only) diets.

Sample Menu 1*

Mixed diet (plant and animal foods)

Breakfast		Protein (g)
Cooked oatmeal	175 mL (¾ cup)	5
Low fat milk	250 mL (1 cup)	9
Strawberries	250mL (1 cup)	1
Almonds	60 mL (¼ cup)	7
Lunch		
Vegetable soup	250 mL (1 cup)	3
Sandwich:		
• Whole wheat bread	2 slices (70 g)	8
• Lean meat or poultry	37.5 g (1 ¼ oz)	12
• Lettuce, cucumber or tomato	1 slice each	<1

• Mayonnaise	10 mL (2 tsp)	0
Orange	1 medium	1
Dinner		
Salmon or other fish, grilled with lemon slices	75g or 125 mL (2½ oz or ½ cup)	19
Brown rice	250 mL (1 cup)	5
Asparagus, roasted	6 medium spears	2
Mixed salad	250 mL (1 cup)	2
Salad dressing	15 mL (1 Tbsp)	0
Fruit salad	125 mL (½ cup)	<1
Evening Snack		
Low fat milk	250 mL (1 cup)	9
Whole grain blueberry muffin, homemade	1 small, 3.8cm by 6.3cm, 45g	3
Total		88

Sample Menu 2*

Vegan diet (plant foods only)

Breakfast		Protein(g)
Fortified soy beverage	250 mL (1 cup)	7

Blueberries	250 mL (1 cup)	1
Whole wheat toast	2 slices (70 g)	8
Almond butter	30mL (2 Tbsp)	7
Lunch		
Vegetable soup	250 mL (1 cup)	3
Bean burrito:		
<ul style="list-style-type: none"> • Whole wheat tortilla 	1 large (70 g)	6
<ul style="list-style-type: none"> • Refried beans 	175 mL ($\frac{3}{4}$ cup)	8
<ul style="list-style-type: none"> • Chopped lettuce, cucumber, tomato with salsa 	125 mL ($\frac{1}{2}$ cup)	1
Pear	1 medium	1
Dinner		
Baked Casserole:		
<ul style="list-style-type: none"> • Tofu 	150 g / 175 mL ($\frac{3}{4}$ cup)	12
<ul style="list-style-type: none"> • Brown rice 	250 mL (1 cup)	5
<ul style="list-style-type: none"> • Cooked tomatoes, onions, and peppers 	250 mL (1 cup)	2
Mixed salad	250 mL (1 cup)	2
Salad dressing	15 mL (1 Tbsp)	0

Fruit salad	125 mL (½ cup)	<1
Evening Snack		
Chocolate banana smoothie		
• Fortified soy beverage	250 mL (1 cup)	7
• Banana, frozen	125 mL (½ cup)	1
• Walnuts	60 mL (¼ cup)	5
• Cocoa	15mL (1 Tbsp)	1
Total		78

* The amount of food you need to eat to maintain a healthy weight is based on your age, sex, current weight, activity level and whether you want to lose weight. It may be different than the energy level offered on this sample menu.



Additional Resources

For information and advice based on your specific food and nutrition needs and preferences, call **8-1-1** and ask to speak to a HealthLink BC dietitian.

For additional information, see the following:

- HealthLink BC www.healthlinkbc.ca– Get medically approved non-emergency health information.
- Quick Nutrition Check for Protein <https://www.healthlinkbc.ca/sites/default/files/healthyeating/pdf/quick-nutrition-check-for-protein-en.pdf>

- Canada's Food Guide <https://food-guide.canada.ca/en/>
- Canadian Nutrient File <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

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Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to www.healthlinkbc.ca or call **8-1-1** (anywhere in BC). Interpreters are available in over 130 languages.