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WAYS TO GET PROTEIN IN YOUR DINNER

DINNER #1 – PROTEIN RICH MASHED POTATOS AND GRAVY

- 2-4 cups of boiling water
- 1 medium potato (170g), peeled (**2 choice of starch**)
- 1 teaspoon butter (**1 choice of fat**)
- 2 tablespoons of milk
- 2 packages of Beneprotein® (**2 choices of protein**)
- 1 cup prepared instant gravy (**1 choices of starch, 1 choice of fat**)
- 1 package of Beneprotein® (**1 choice of protein**)

Directions:

1. Quarter the potato; Add to boiling water and cook for 15 minutes or until tender.
2. Microwave butter for 15 seconds.
3. Mix milk and 2 packages of Beneprotein® with melted butter. Stir briskly.
4. Drain potato before adding all ingredients together and begin mashing.
5. Prepare instant gravy according to package directions. Whisk 1 package of Beneprotein® into the gravy; Serve on top of mashed potatoes.



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Dinner	3	0	0	0	3	2

DINNER #2 – TACOS

- 2 small flour or corn tortillas (**2 choices of starch**)
- 2 oz (57g) extra lean ground beef (**2 choices of protein**)
- ½ cup refried beans (**1 choice of protein, 1 choice of starch**)
- 1 package of Beneprotein® (**1 choice of protein**)
- 1 oz (30g) shredded cheddar cheese (**1 choice of protein**)
- Your favourite toppings (shredded lettuce, salsa, sour cream, tomatoes, lime juice, fresh cilantro etc.)

Directions:

1. Cook lean ground beef in frying pan to 71°C (160°F); Drain fat.
2. Heat refried beans in microwave; remove and stir.
3. Mix Beneprotein® into beans.
4. Assemble your tacos and serve!



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Dinner	5	0	0	0	3	0

DINNER #3 – SPAGHETTI AND MEAT SAUCE

- 3 oz (85g) of cooked lean ground beef (**3 choices of protein**)
- ⅔ cup of whole wheat spaghetti (**2 choices of starch**)
- ½ cup of marinara sauce (**1 choice of starch**)
- 2 packages of Beneprotein® (**2 choices of protein**)

Directions:

1. Boil water; Cook spaghetti noodles for 7-8 minutes.
2. Cook lean ground beef in frying pan until 71°C (160°F); Drain fat.
3. Add marinara sauce to pan and heat until warm.
4. Allow sauce to cool slightly then vigorously mix Beneprotein® into sauce.



NOTE: Temperature of sauce should be below 73°C to avoid Beneprotein® from clumping or becoming stringy.

Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Dinner	5	0	0	0	3	0

DINNER #4 - LEMON GARLIC SHRIMP

- 4 oz pre-cooked frozen shrimp (~ 12 each, 113g) (**4 choices of protein**)
- 1 teaspoon olive oil (**1 choice of fat**)
- 1 clove garlic minced
- Salt and pepper to taste
- Splash of lemon juice

Directions:

1. Heat olive oil in a large skillet over medium-high heat.
2. Sauté garlic in the olive oil in a frying pan over medium heat for 1-3 minutes.
3. Add lemon juice, salt and pepper.
4. Toss shrimp into the frying pan and fry for 3 minutes *Note: This recipe uses pre-cooked shrimp therefore cooking times will vary if using raw shrimp.*



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Dinner	4	0	0	0	0	1