

# Habit Lean protein at each meal

Track your success for 14 consecutive days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

## QUALITY PROTEIN SOURCES

### Lean Meat

- Beef
- Pork
- Wild Game

### Poultry

- Chicken
- Turkey

### Eggs

- Whole Eggs
- Egg Whites

### Fish and Seafood

- Shrimp
- Scallops
- Salmon
- Herring
- Mahi Mahi

### Vegetarian Sources

- Cottage Cheese
- Full-Fat (Plain) Greek Yogurt
- Lentils or Beans
- Tempeh or Tofu

## Protein recipe ideas

01.

### EGGS

Possibilities are endless. Make them poached, scrambled or get fancy with frittatas, and omelets. Add some veggies for a well-rounded meal.

02.

### STIR FRY

All you need is a pan, coconut oil or butter, protein, veggies, spices, and a stirring utensil. Make it into fajitas by adding salsa, avocados and black beans.

03.

### SKEWER AND GRILL

Spice meat with salt, pepper, fresh herbs, citrus or low sugar sauces, or spice mixes. Grill them whole or on a skewer with your veggies.

04.

### WRAP IT UP

Grab some protein. Grab some veggies. Grab a little sauce (hummus, Red Hot, salsa, guacamole, etc). Wrap it up with collard greens or lettuce or throw it on a bed of spinach.