

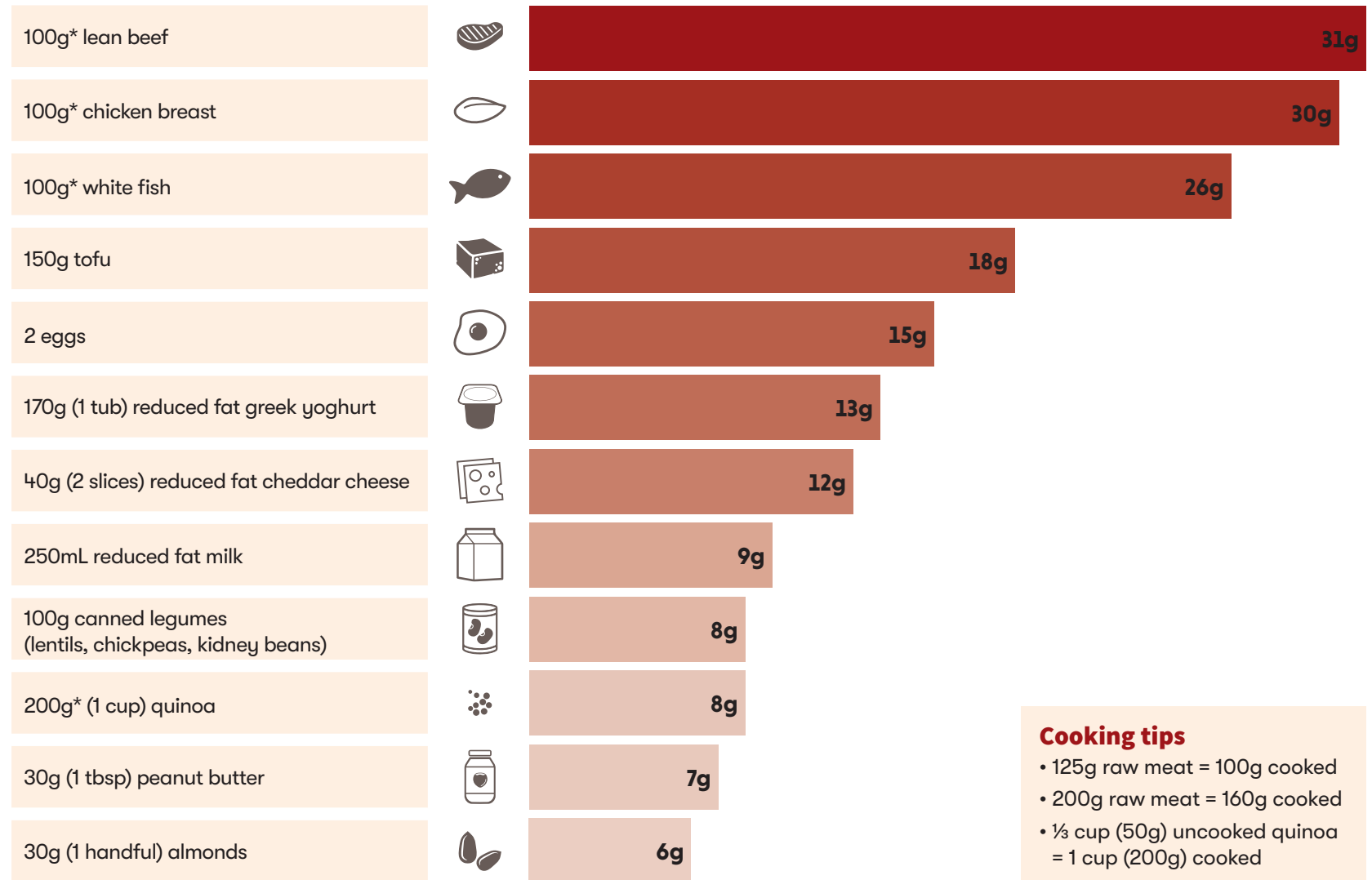
A Guide To Protein-Rich Meals

Why is protein important?

- Builds and maintains muscle for an active lifestyle
- Essential for growth and repair of the body and good health
- Provides a satisfying meal for those who need to manage their weight



Good sources of protein



*cooked weight

Cooking tips

- 125g raw meat = 100g cooked
- 200g raw meat = 160g cooked
- 1/3 cup (50g) uncooked quinoa = 1 cup (200g) cooked