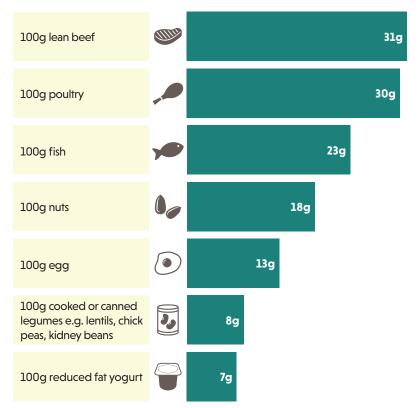
A GUIDE TO PROTEIN-RICH MEALS



Protein is important

- Healthy muscles for an active lifestyle.
- A satisfying meal for those who need to manage their weight.
- For those who could benefit from increasing the protein in their diet where there is an indication for this.

Good sources of protein



How to get more protein

1. To make a protein-rich meal, choose from the list below either: **Two** options **OR double one** option.



2. Have **two** protein-rich meals a day.



