



Protein in a Pinch: Rotisserie Chicken



- 1 oz of cooked meat = 7 g protein.
- Check for whole roasted chicken and containers of cooked meat in your at the deli in your market.
- Team up with plenty of [non-starchy vegetables](#) (about 2 cups) and a smaller portion (about ½ cup) of [quick-cooking whole grains](#) or [starchy vegetables](#) for a completely nutritionally balanced meal.
- If you reheat chicken, heat until a [thermometer reads](#) 165 °F.
- A few ideas for meal inspiration follow.



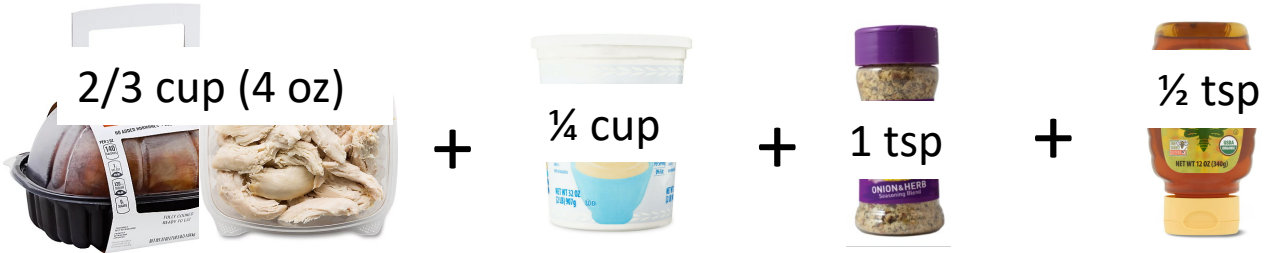
Roasted Chicken Sandwich with Carrot Chips

(Makes 1 Serving)

539 Calories, 54 g protein, 52 g carbs, 8 g fiber

Prep Time: 10 minutes

1. Mix chopped rotisserie chicken, plain non-fat Greek or Icelandic yogurt, onion herb salt-free seasoning blend, and honey in a bowl.



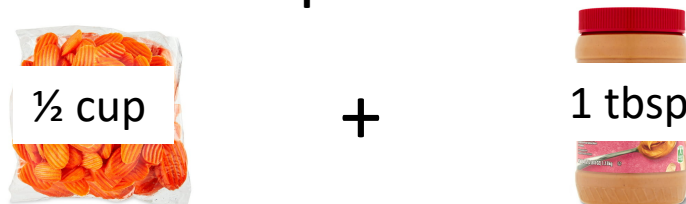
2. Put mixture on bottom half of a thin keto roll or hamburger bun.



3. Add arugula or baby spinach, sliced Roma tomato, and the top half of the roll or bun.



4. Enjoy with a side of carrot chips and peanut, almond, soy nut, or sunflower seed butter for a dip.





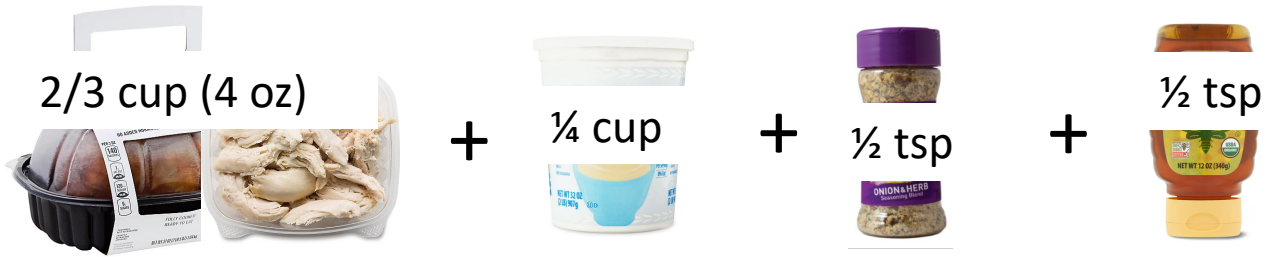
Roasted Chicken Crispbreads (Gluten Free) with Carrot Chips

(Makes 1 Serving)

479Calories, 50 g protein, XX g carbs, 7 g fiber

Prep Time: 10 minutes

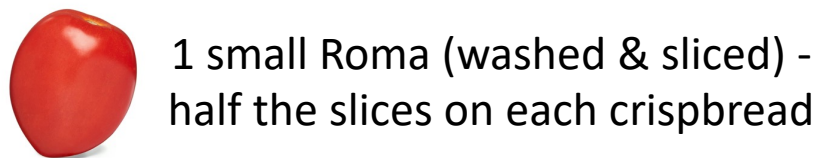
1. Mix chopped rotisserie chicken, plain non-fat Greek or Icelandic yogurt, onion herb salt-free seasoning blend, and honey in a bowl.



2. Put arugula or baby spinach on top of 2 gluten free crispbreads.



3. Add 1/2 of the chicken mixture and tomato over the greens on each crispbread.



1 small Roma (washed & sliced) - half the slices on each crispbread

4. Enjoy with a side of carrot chips and peanut, almond, soy nut, or sunflower seed butter for a dip.





Fiesta Lime Roasted Chicken Salad

(Makes 1 Serving)

637 Calories, 44 g protein, 50 g carbs, 10 g fiber
Prep Time: 15 minutes

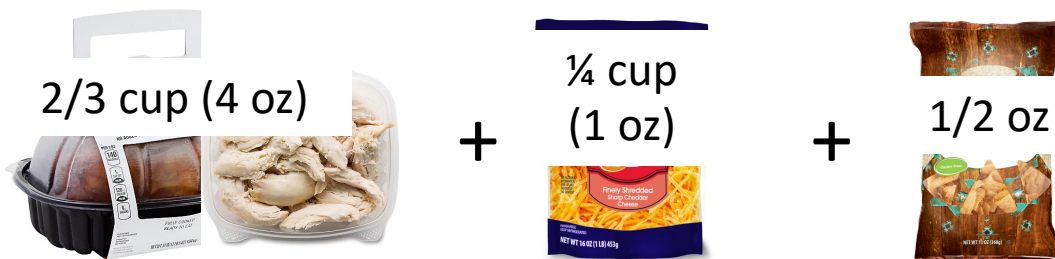
1. Place baby spinach in a bowl. Add shredded carrot, grape tomatoes, no salt added black beans, and diced avocado (fresh or frozen and thawed). Toss together.



2. Add olive oil and lime juice. Sprinkle on chili powder, salt, and pepper. Toss again. Transfer to a serving plate.



3. Top with chopped rotisserie chicken, shredded cheddar, and crushed corn tortilla chips (use gluten-free if you avoid gluten).





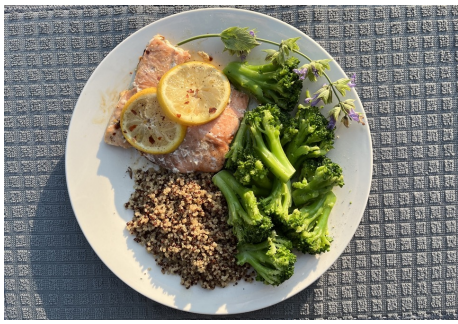
Protein in a Pinch:

Individual Salmon Portions



- Frozen individually wrapped portions are convenient and thaw quickly under cool running water.
- Usually available in 4 – 5 oz portions. You can also ask the attendant at your grocery store seafood counter to cut larger portions.
- For a fast and flavorful dish, brush both sides with a little olive oil. Shake on a salt-free seasoning blend.* Bake in a preheated 425 °F oven for 15 minutes. The salmon is done when an inserted [thermometer reads](#) 145 ° F.
- Team up with plenty of [non-starchy vegetables](#) (about 2 cups) and a smaller portion (about ½ cup) of [quick-cooking whole grains](#) or [starchy vegetables](#) for a completely nutritionally balanced meal.

*Mrs. Dash offers many [varieties](#). Try using different kinds to add different flavor profiles. For example, you can have Caribbean Citrus Salmon, Fiesta Lime Salmon, Tomato Basil Garlic Salmon, etc.



Honey Lemon Salmon, Broccoli & Tri-Color Quinoa

(Makes 4 Servings)

349 Calories, 35 g protein, 28 g carbs, 6 g fiber

Prep Time: 30 minutes

1. Preheat oven to 425 °F. Spray a nonstick baking dish with olive oil cooking spray. Place salmon in the dish. Brush honey over the fish. Sprinkle with salt and pepper and hot pepper flakes if desired. Top with lemon. Bake for 15 minutes.


 +
 
 20 oz pkg
 (4 5-oz portions)
 +
 
 ½ tsp
 per portion


 1 pinch per
 portion
 +
 
 To
 Taste
 +
 
 To
 Taste
 +
 
 1 sliced (2 slices
 per portion)

2. Cook steam-in-bag broccoli (or another [non-starchy vegetable](#)) and quinoa (or [other quick-cooking whole grain](#)) according to package directions.


 Two 12 oz pkg
 +
 
 1 cup dry




3. 1 serving = 1 salmon portion, 2 cups broccoli, and ½ cup cooked quinoa.



Protein in a Pinch: **Boneless Chicken**



- To plan ahead, weigh out (and cut up, if desired) and place individual portions in small labeled and dated freezer bags.
 - Try marinating. Add a tablespoon of oil + 2 tablespoons fruit juice, wine, or vinegar + 1 – 2 tsp of salt free seasoning blend.*
 - Store in the refrigerator for up to 4 days or in the freezer for up to 1 month.
- For a quick and easy meal, cook whole breasts on a hot grill (about 8 min. each side) or sauté strips or cubes with a little oil in a non-stick pan over medium-high for about 10 – 15 minutes. Chicken is done when a [thermometer reads](#) 165 °F.
 - Team up with plenty of [non-starchy vegetables](#) (about 2 cups) and a smaller portion (about ½ cup) of [quick-cooking whole grains](#) or [starchy vegetables](#) for a completely nutritionally balanced meal.

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Shrimp



- Peeled, deveined, and tail-off are convenient and easy to eat.
- You can quickly thaw frozen shrimp under cool running water for about 10 minutes.
- To plan ahead, weigh out and place individual portions in small labeled and dated freezer bags.
 - Try marinating. Use 2 tbsp of a salt-free marinade* or add a tablespoon of oil + 2 tablespoons fruit juice, wine, or vinegar + 1 – 2 tsp of salt free seasoning blend.*
 - Store in the refrigerator for up to 4 days or in the freezer for up to 1 month.
- For a quick and easy meal, season raw shrimp with [creole seasoning](#). Steam for 4 – 6 minutes; brush with a little oil and cook on skewers on a hot grill or under a hot broiler (2 – 3 minutes each side); or sauté with a little oil in a non-stick pan over medium-high for about 5 minutes. Shrimp is done when a [thermometer reads 145 ° F](#).
- Team up with plenty of [non-starchy vegetables](#) (about 2 cups) and a smaller portion (about ½ cup) of [quick-cooking whole grains](#) or [starchy vegetables](#) for a completely nutritionally balanced meal.

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Protein in a Pinch:

Ready to Eat Tuna & Salmon



- Cans usually available in 5 oz sizes, with a drained weight of tuna of about 2.5 oz (20 g edible protein/can, 2 cans about 40 g edible tuna).
- Pouches usually available in 2.5 – 2.6 oz sizes (about 20 g protein each, 2 pouches = about 40 g).
- Plain and seasoned pouch products are available and convenient to take on-the-go (no can opener or draining required).
- For a quick complete meal, make a large leafy green salad with plenty of colorful [non-starchy vegetables](#), about ½ cup beans or [quick-cooking whole grains](#), and topped with 2 cans or pouches of fish. Enjoy with a little olive oil and vinegar or 2 tbsp of your favorite [vinaigrette dressing](#).



Protein in a Pinch:

Pre-Cooked Chicken Sausage



- Products are usually pre-cooked and heat quickly in a medium-hot non-stick skillet in about 10 minutes. Sausage is done when a thermometer reads 165 °F.
- Look for an uncured product free from nitrates, nitrites, and artificial ingredients.
- Compare protein (look for more) and sodium (look for less) on the [nutrition facts label](#).
- Try teaming up with eggs for your high-protein breakfast.
- For lunch or dinner, try slicing and sautéing in a non-stick pan with a little oil and ¼ cup of white beans. Add a little spaghetti sauce and serve over 2 cups of spiralized zucchini or cauliflower rice (frozen convenience products are available) and a colorful, leafy green salad on the side.

Eggs



1 egg = 6 g protein



2 oz patty = 6 g protein

- A great solution to include with your high-protein breakfast or snack.
- Try teaming up with cheese (about 7 g protein/oz) or chicken sausage (check label for protein and sodium content).
- You can [make hard boiled eggs](#) to have on hand or buy precooked and peeled for convenience.
- Precooked egg white patties you can heat in the microwave are also convenient.
- Microwave egg cookers can save cooking and cleanup time.
- Try mixing in or topping scrambled eggs with some fresh [salsa](#).



[Amazon.com: Microwaveable Omelet Pan and Egg Poacher Set](#)



Protein in a Pinch: Ground Meat & Poultry



- Look for beef, turkey, and chicken products that are 93% lean.
- For variety, try bison as a lean alternative to beef.
- To plan ahead, weigh out and place individual portions in small labeled and dated freezer bags. You can form into patties or keep the portions “bulk.”
- For an easy meal, try a bun-less burger (you can add cheese as a protein booster). Enjoy with a ½-cup side of [sweet potato fries](#) cooked in the oven or air fryer and a 2-cup serving of a simple cucumber and tomato salad dressed with a little olive oil + vinegar or 2 tbsp of your favorite [vinaigrette dressing](#).
- Grill or pan-seared patties over high heat for about 7 minutes each side. Ground beef and bison are done with a thermometer reads 160 °F, and 165 °F is the [target temperature](#) for ground turkey and chicken.
- Instead of ketchup and mayo on your burger, try homemade [ranch](#), [green goddess](#), or [lemon yogurt dressing](#) or [salsa](#).

Protein in a Pinch: Steaks & Chops



- Boneless steaks and chops are easier to determine your actual portion size of edible meat.
- Check the portion size by weighing out each piece, or divide the net weight of the package and divide the weight by the number of pieces.
- To plan ahead, wrap individual steaks and chops in labeled and dated freezer bags.
- Can be grilled or pan-seared over high heat for about 7 minutes each side. Beef and pork are done when a [thermometer reads](#) 145 °F. Try homemade [chimichurri sauce](#) as a tasty condiment.
- For an easy meal, enjoy with a 2-cup portion of cooked [non-starchy vegetables](#) and a small baked potato on the side. Cook the potato in the [microwave](#) or a multi-cooked if you're pressed for time. Instead of butter or sour cream, try a little olive oil, lemon juice, and a dash of salt or some guacamole.



Protein in a Pinch:

Pre-Cooked Cap-Off Top Round Beef



7 g protein, 80 mg sodium
per ounce

[All Natural — Thumann's Deli Best \(thumanns.com\)](http://thumanns.com)



7 g protein, 80 mg sodium
per ounce

[Simplicity® All Natural* Grilled Roast Beef | Boar's Head \(boarshead.com\)](http://boarshead.com)

- Check [nutrition facts](#) and ingredients to find a quality product. Look for more protein and less sodium.
- Look for an “all natural,” minimally processed product and that is gluten-free if you avoid gluten.
- Try slicing into strips and teaming up with strips of cheese to add protein to a large leafy green colorful salad.
- Use to make a sandwich or wrap on a [traditional whole wheat or multigrain thin bun](#), a [high fiber keto bun](#), or a [grain and lactose-free cheese wrap](#). Add a plentiful layer of [non-starchy vegetables](#) when you make your sandwich or wrap! Instead of mayo, try spicy brown mustard, guacamole, pico de gallo, or [homemade yogurt ranch dip](#).



- Use silken tofu in salad dressings and sauces to make them thicker and more nutritious.
- Firm tofu works great in stir-fries.
- Use extra firm tofu to make crispy baked tofu. Check online for quick recipes.
- Compare [nutrition facts labels](#) to compare calcium content and go for those that contain the most. Non-fortified tofu contains calcium, but products that are calcium-set or calcium- fortified will contain more.
- Try [scrambled tofu with roasted veggies](#) for breakfast.