

# Quick Nutrition Check for Protein: Sample Menus

Protein is found in many foods and is needed to keep you healthy. The amount of protein you need is based on your weight. An adult who weighs 80kg (176 lbs) needs about 64 g of protein each day while an adult who weighs 65kg (143 lbs) needs about 52g of protein each day.

The sample menu plans show how protein needs can easily be met through foods for both mixed (plant and animal foods) and vegan (plant foods only) diets.

## Sample Menu 1 \*

Mixed diet (plant and animal foods)

<i>Breakfast</i>		<i>Protein (g)</i>
Cooked oatmeal	175 mL (¾ cup)	5
Low fat milk	250 mL (1 cup)	9
Strawberries	250mL (1 cup)	1
Almonds	60 mL (¼ cup)	7
<i>Lunch</i>		
Vegetable soup	250 mL (1 cup)	3
Sandwich:		
Whole wheat bread	2 slices (70 g)	8
Lean meat or poultry	37.5 g (1 ¼ oz)	12
Lettuce, cucumber or tomato	1 slice each	<1

Mayonnaise	10 mL (2 tsp)	0
Orange	1 medium	1
<b>Dinner</b>		
Salmon or other fish, grilled with lemon slices	75g or 125 mL (2½ oz or ½ cup)	19
Brown rice	250 mL (1 cup)	5
Asparagus, roasted	6 medium spears	2
Mixed salad	250 mL (1 cup)	2
Salad dressing	15 mL (1 Tbsp)	0
Fruit salad	125 mL (½ cup)	<1
<b>Evening Snack</b>		
Low fat milk	250 mL (1 cup)	9
Whole grain blueberry muffin, homemade	1 small, 3.8cm by 6.3cm, 45g	3
<b>Total</b>		<b>88</b>

## Sample Menu 2\*

Vegan diet (plant foods only)

<b>Breakfast</b>		<b>Protein (g)</b>
Fortified soy beverage	250 mL (1 cup)	7

Blueberries	250 mL (1 cup)	1
Whole wheat toast	2 slices (70 g)	4
Almond butter	30mL (2 Tbsp)	7
<b>Lunch</b>		
Vegetable soup	250 mL (1 cup)	3
Bean burrito:		
Whole wheat tortilla	1 large (70 g)	6
Refried beans	175 mL (¾ cup)	8
Chopped lettuce, cucumber, tomato with salsa	125 mL (½ cup)	1
Pear	1 medium	1
<b>Dinner</b>		
Baked Casserole:		
Tofu	150 g / 175 mL (¾ cup)	12
Brown rice	250 mL (1 cup)	5
Cooked tomatoes, onions, and peppers	250 mL (1 cup)	2
Mixed salad	250 mL (1 cup)	2
Salad dressing	15 mL (1 Tbsp)	0

Fruit salad	125 mL (½ cup)	<1
<b>Evening Snack</b>		
Chocolate banana smoothie		
Fortified soy beverage	250 mL (1 cup)	7
Banana, frozen	125 mL (½ cup)	1
Walnuts	60 mL (¼ cup)	5
Cocoa	15mL (1 Tbsp)	1
Total		74

\* The amount of food you need to eat to maintain a healthy weight is based on your age, sex, current weight, activity level and whether you want to lose weight. It may be different than the energy level offered on this sample menu.



## Additional Resources

For information and advice based on your specific food and nutrition needs and preferences, call 8-1-1 and ask to speak to a HealthLink BC dietitian.

For additional information, see the following resources:

- | HealthLink BC [www.healthlinkbc.ca](http://www.healthlinkbc.ca) – Get medically approved non-emergency health information.
- | Dietitian Services Fact Sheets - Available by mail (call 8-1-1) or visit [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating)
- | Quick Nutrition Check for Protein

<https://www.healthlinkbc.ca/healthy-eating/quick-nutrition-check-protein>

- | Canada's Food Guide <https://food-guide.canada.ca/en/>
- | Canadian Nutrient File <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

*These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.*



## Notes

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Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating) or call 8-1-1 (anywhere in BC). Interpreters are available in over 130 languages.