

### Quick Tricks for Getting Enough Protein, Veggies or Healthy Fats

Here are a few simple ideas to liven up your meals and on-the-go snacks with a healthy portion of protein, veggies and fats:

- **Dr. Jan Dorrell's Egg Cups** – mix 1 or 2 eggs with egg whites, sautéed onions, red peppers and spinach. Pour into muffin tin and bake at 350F for 10 minutes or so. These can be frozen used as needed.
- **Unsweetened, organic soy milk** – the So Nice brand is pleasant tasting and has the right balance of protein and carbs. The unsweetened version has 3 grams of carbohydrate and 6 grams of protein, while the original has 6 grams each of protein and carbs.
- **Plain, organic, low-fat yogurt** – pick one containing the live, active bacterial cultures acidophilus and bifidus, as well as a balanced ratio of protein and carbs.
- **A piece of low fat cheese**
- **A handful of nuts:** almonds, cashews, brazil nuts or walnuts
- **Hummus** – have it with veggie sticks or three bean salad
- **A boiled egg** (1 or 2)
- **A protein bar** – choose one with a 1:1 ratio of protein to carbs. Make sure it's free of aspartame and hydrogenated oils and low in saturated fats (less than 5% of the calories should be from saturated fat). The Simply Bar is one of my favorites.
- **A serving of seeds** – sunflower seeds, pumpkin seeds
- **Olive paste or olive oil based pesto** – these can be used instead of mayo to add flavor and increase healthy fats in a sandwich.
- **Dr. Jan's secret for getting your veggies** – add frozen spinach (or any mashed or pureed vegetables) to your smoothies, pasta sauces and burgers to increase your veggie intake – just like you would for your kids!