

THE NUTRISTIC METHOD

Protein Sources

You do **not** need to measure or track protein perfectly.

Your goal is simple:

👉 **Include at least ONE source of protein at every meal and snack.**

That's it.

Protein Options

Animal-Based Protein

Meat

Beef • Chicken • Turkey • Pork • Lamb • Bison • Duck

Deli meat, sausage, bacon

Look for options without added nitrates or preservatives when possible.

Fish

Salmon • Trout • Cod • Tilapia

Seafood

Shrimp • Scallops • Mussels

Eggs

Eat the whole egg (the yolk contains important nutrients).

Dairy (choose full-fat when possible)

Greek yogurt • Cottage cheese • Cheese • Sour cream • Cream

Full-fat dairy keeps you fuller longer and supports blood sugar stability better than low-fat or fat-free options.

Plant-Based Protein

Beans & Lentils

Nuts

Almonds • Walnuts • Pecans • Cashews • Brazil nuts

Nut Butters

Peanut • Almond • Sunflower

Seeds

Chia • Flax • Hemp • Pumpkin • Sunflower • Sesame

Convenient Protein Options

Protein Bars

Choose:

- 8–15g protein
- Not soy-based protein

Protein Powder

Pea • Hemp • Pumpkin • Beef isolate

Add to: Smoothies • Oatmeal • Greek Yogurt • Baking

Plant-based blends are often easier to digest.

Specialty Add-Ons

Collagen Powder

Supports joints, skin, hair, digestion.

Flavorless. Easy to add to coffee, smoothies, or oatmeal.

Bone Broth

Supports joints and gut health.

Nutritional Yeast

Cheesy flavor. Great on eggs, vegetables, soups.

(Note: This is not the same as brewer's yeast.)

About Soy

If using soy:

- Choose organic or Non-GMO

Highly processed soy (like soybean oil in packaged foods) should be limited.

Important

If your healthcare provider has given you specific protein instructions, follow their guidance first.