



3X30 GRAMS – HOW MUCH PROTEIN, HOW OFTEN

Spread protein across the day: aim for >30 grams at breakfast, lunch, and dinner to help support muscle and recovery.

Build an Easy 30g Protein Meal

1 PICK A DAIRY PROTEIN ANCHOR

Examples: Cottage Cheese, Yogurt, Milk, Cheese



Breakfast

Cottage Cheese Breakfast Wraps with Cheesy Egg Filling

2 ADD A DAIRY PROTEIN BOOSTER

Examples: Cottage Cheese, Yogurt, Milk, Cheese



Lunch

Chopped Farro Salad + Cottage Cheese + Yogurt Dressing

3 ENHANCE FLAVOR, TEXTURE AND BALANCE

Examples: Fruits, vegetables, whole grains, nuts, seeds, herbs, spices



Dinner

Cheese & Quinoa Stuffed Bell Peppers with Cottage Cheese

Why 30? Research suggests adults may benefit from >30g protein per meal (plus resistance training) to help maintain muscle mass

For more protein inspiration, visit RealCaliforniaMilk.com/Protein

Protein amounts are approximate. Check the Nutrition Facts label for exact values.

