

Nourish to Flourish

Protein Palooza: Shakes, Bars & More!

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April 16th 2025



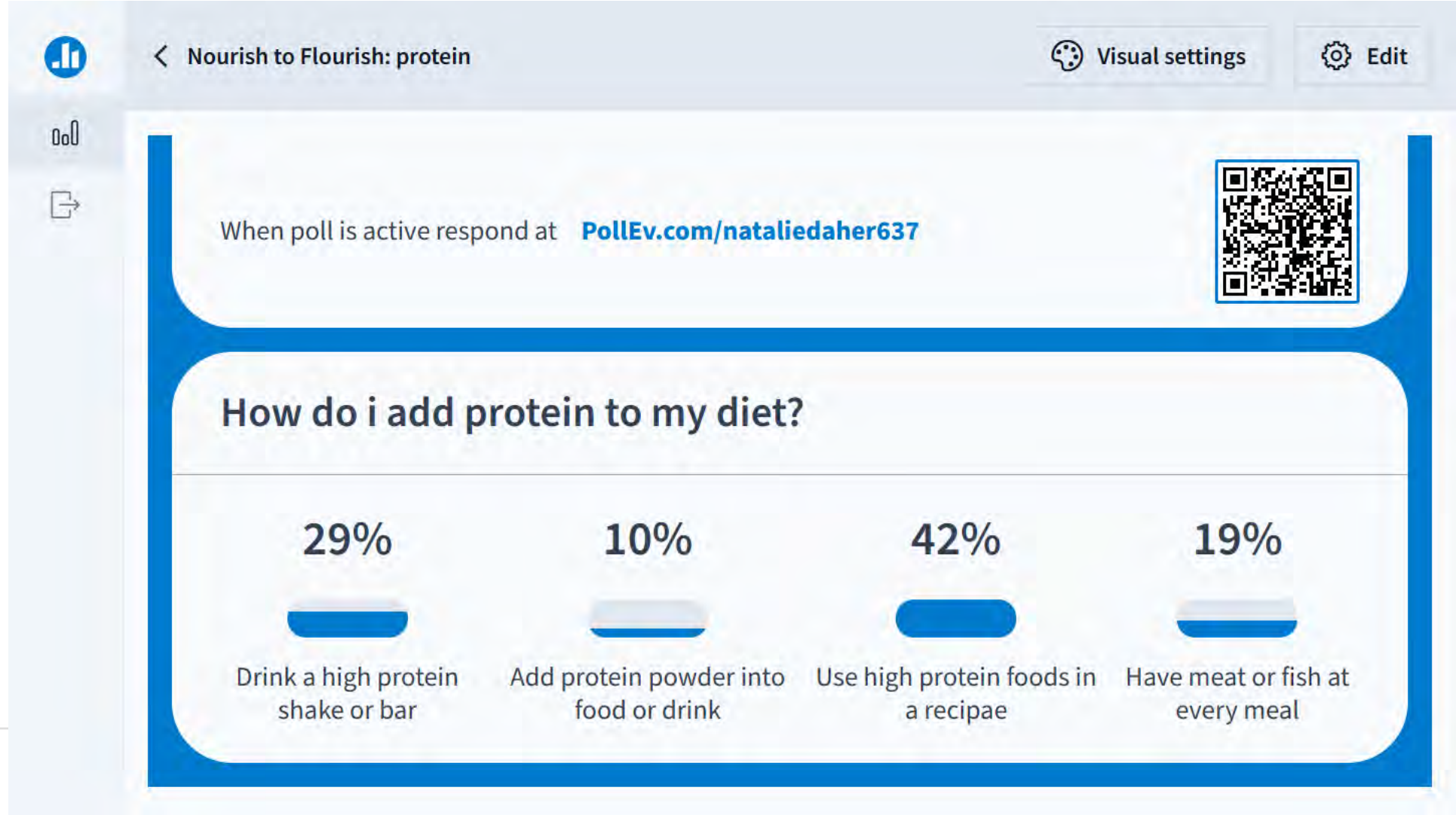
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How do I add protein to my diet?



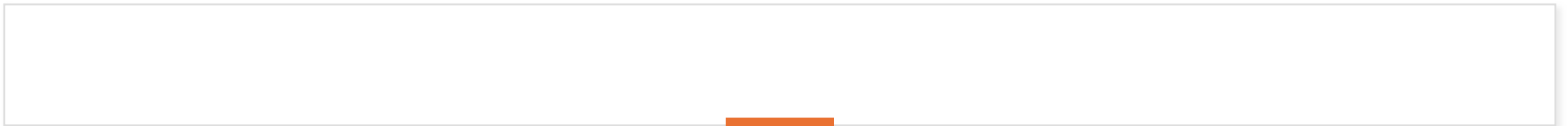
Poll results





Potential Benefits

- Maintain muscle and improve fat loss in combination with diet and exercise
- Prevent loss of skeletal muscle loss and strength in older adults
- Maintain muscle mass during acute illness and hospitalization
- Improves insulin response if consumed shortly before high glycemic meal in type 2 diabetes (whey only)



Types of Shakes and Powders

Nutrition facts per serving:

- 100 to 200 calories
- < 5grams of fat
- < 20grams total carbohydrates
- < 5grams of sugar
- 20 to 30grams of protein

Complete protein:

Whey, Casein, Plant Blend, Soy, Egg White

Near complete: Pea, peanut, hemp

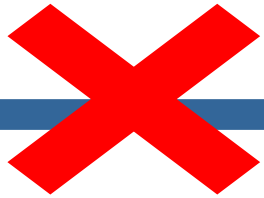
Non-complete:

Collagen, BCAA's, Creatine



Shakes Vs. Powders

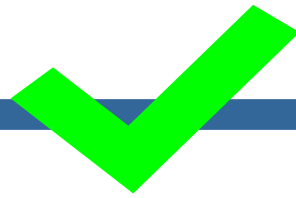
Premade protein shakes



Some brands are expensive

Stores carry limited flavors

Travel restricted

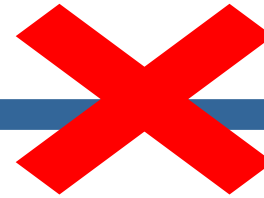


Readily available, shelf-stable

Convenient, no prep

Smooth, creamy texture

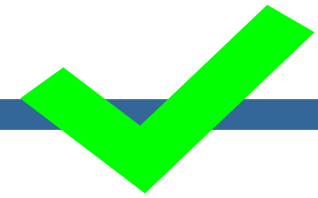
Protein Powders



Chalky, gritty texture

Prep in advance needed

Limited flavors in-store



Readily available

Shelf-stable

Many flavors

Lower cost in bulk

Packable

Raise the Bar(s)

Dairy or Plant Based



Higher calorie

Sugar-alcohol

Less nut-free options



Easily packable

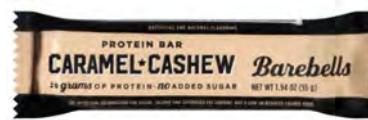
satisfies savory or sweet

Satiating

High in Fiber

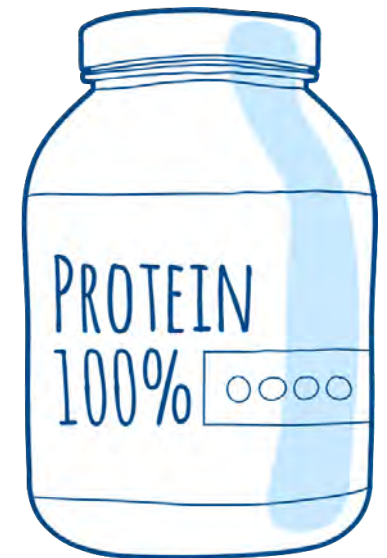
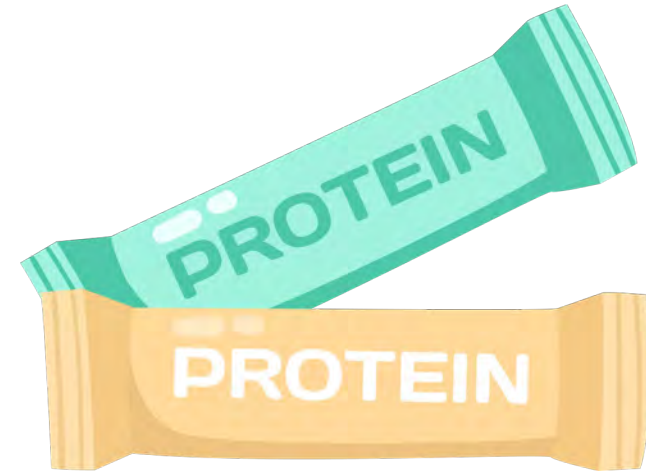
Look for:

- < 250calories
- <7grams of fat
- <10grams sugar
- 15+ grams of protein



Key factors to consider

- Dietary needs
- Health goals
- Activity level
- Food allergies or intolerance
- Cost and Access
- Taste



Protein PBB Pancakes

Nutrition Facts per serving of 2 pancakes (~4")

220calories

19 protein

3.2g fiber

8g sugar

Ingredients:

Rolled or Old Fashioned Oats: 2/3 cup

Banana: 2oz

Peanut Butter Powder: 2 tbsp

Isopure Vanilla Protein powder : 1oz

Baking powder: 1 teaspoon

Almond or soymik unsweetened: ¾ cup

1 egg

Non-fat plain Greek yogurt: ¼ cup

Vanilla extract (optional)

1 tsp cooking oil or spray oil



Instructions:

Blend all ingredients in a blender for 30 to 40 seconds until smooth

Let batter sit for 5 minutes while pan heats on low-medium

Add oil to pan

Scoop 1/4 cup batter onto heated pan and cook for 1.5 minutes on each side or until golden brown

Serve and enjoy!

This recipe makes 3 servings.

Black Bean CC Dip

Nutrition Facts per a serving of 1/4 cup

Calories: 108

Grams of fat: 1g

Grams of fiber: 3

Grams of sugar: 1

Grams of protein: 9

Ingredients:

1 can (15oz) black beans, rinsed and drained

½ cup low-fat cottage cheese

2 teaspoons lime juice

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp smoked paprika

½ tsp ground black pepper

½ tsp ground cumin

¼ tsp salt



Instructions:

Blend all ingredients in electric mixer for at least 1 minute until smooth.

Serve and enjoy!

Store in refrigerator for up to 3 days

Edamame Hummus

Nutrition Facts per 1 serving of ¼ cup

Serving size: 3 Tbsp

Calories: 150-160

Grams of fat: 11g

Grams of fiber: 2.5g

Grams of sugar: 1g

Grams of protein: 9-10g

Ingredients:

Shelled edamame (defrost and drain excess liquid if frozen): 1/5 cup

Tahini: 3 Tbsp

1 clove garlic

Juice from 1 lemon juice

Cilantro, stemmed, roughly chopped: ½ cup

Chili powder: ½ tsp

Extra Virgin Olive Oil 2 Tbsp

Cumin: 1 tsp

Salt: ½ tsp

Water: 6 Tbsp

Pea or Plant Protein: 1 serving



Instructions:

Blend all ingredients in a blender for at least 30 seconds until smooth

Serve and enjoy!

Delicious as a dip or a spread on a slice of whole grain toast, tortilla or wrap

Store in airtight storage container and refrigerate for up to 5 days




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




How will I add more protein to my diet?





Poll Results

 < Nourish to Flourish: protein  Visual settings  Edit

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How will I add more protein to my diet?

- Add protein powder to recipes  **31%** 



Thank you!

Next *Nourish to Flourish* webinar on May 21st

