

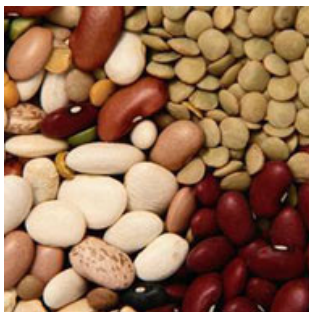


Lean, Green, Vegetarian Machine!

After eating your hundredth skinless chicken breast, you may find yourself wondering if there isn't more to life - at least when it comes to protein! And while eating meat is always an easy way to meet your protein requirements, there is no rule that you need to live off a meat-eater's diet to get and stay lean. When used the right way, vegetarian foods can still provide you with enough protein to give you variety, satisfaction, and help you attain the body of your dreams!

Here are seven protein rich options that will get you closer to the body you want:

7 PROTEIN RICH OPTIONS



Beans and Lentils

These are two of nature's superfoods that are all too often missing from a North American plate at meal time. While a half cup serving of most beans provides about 8 to 10 grams of protein, they are also a source of fiber and low-glycemic carbohydrates. That translates into providing you fuel for exercise without zapping your energy like refined carbohydrates do.

Slimband® Suggests: Try half a cup of cooked mixed beans or lentils with chopped carrots, mixed peppers and a splash of vinaigrette for a refreshing and satisfying afternoon snack.



Eggs

Let's just clear up one long running myth about eggs: they do not raise cholesterol levels! Not only does one typical, large egg tout 6 grams of protein (mostly in the white), research has shown that eggs naturally suppress the appetite. Eggs are a complete source of protein, so they make a perfect way to start your day or anytime; as the commercial used to say: 'Eggs - not just for breakfast anymore!'

Slimband® Suggests: Make an omelette for breakfast with 1 egg, 2 egg whites, lots of sautéed vegetables and pair it with 1 slice of whole grain toast and a fresh slice of tomato. Guaranteed to keep you satisfied for hours!



Peanut Butter

Though a more modest source of protein (1 tablespoon provides 4 grams of protein), it is portable, inexpensive, and very satisfying on a slice of toast or a few whole grain crackers and half a cup of fruit. Several studies have shown people who eat peanut butter on a regular basis (using portion control), actually store less body fat than those who don't! The key with such a calorically dense food is the portion size: keep it to one or two tablespoons per day.

Slimband® Suggests: Add a spoonful of peanut butter in your smoothie or spread on your favourite fruit as a mid-day snack.



Whey and Soy Protein Powder

There's no denying it - very often you have a busy, on-the-go life. A shake is often the easiest way to get protein when one is pressed for time. While both whey and soy protein powders contain the same amount of protein (20 to 25 grams per scoop), research suggests that whey protein stimulates muscle recovery faster than soy after a workout. However, soy is still a good choice if you are a vegan or are lactose intolerant.

Slimband® Suggests: Mix one scoop of protein powder with a half cup of yogurt or cottage cheese, and then sprinkle with a scant handful of nuts!



Tempeh

Tempeh is a fermented soy product that uses the entire soybean (unlike tofu) so it retains more protein. A 3 oz. serving provides an impressive 15 grams of protein (twice that of tofu). It is easier to digest than other plant proteins, making it easier on the tummy and less gassy than beans or other legumes.

Slimband® Suggests: Grate Tempeh and use it as a ground beef substitute, or crumble it directly into a stir fry or pasta sauce.



Quinoa

This is another rare plant food that provides the full range of essential amino acids! It's rich in protein and provides those low-glycemic carbs that will be the primary fuel for you to get you through your hectic day or an intense workout.

Slimband® Suggests: Use quinoa as a rice substitute in all types of dishes. It tastes fantastic when cooked with some dried figs, raisins and cinnamon, and stirred into some Greek yogurt for breakfast as well.



Tofu

Identified as being 'classic vegetarian', tofu is a good source of protein and is a rare plant-based food that contains all eight essential amino acids. It makes a fantastic substitute for stir fries, rice dishes and lasagnas. Plus you don't need to be a high end chef in the kitchen to prepare it.

Slimband® Suggests: Have some firm tofu 'on the ready' in your refrigerator to easily add to your next stir fry!

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