5 EASY WAYS TO ADD 10+ GRAMS OF PROTEIN TO A DISH

Real dairy foods boost your favorite dishes with high-quality, affordable protein.

Power up A Bowl, Soup or Salad

+ Mozzarella Cheese (2 oz)

Tip: Bake cheese into crisps for a crunch

Upgrade A Sandwich

+ Plain Yogurt, as spread (2 Tbsp) &
+ Monterey Jack Cheese (2 slices)

Tip: Add spices to yogurt for extra flavor

Plus-up Pasta

+ Cottage Cheese (1/2 cup)

Tip: Add to finished dish

Order Real Milk with Your Latte

+ Milk (16 oz latte)

Tip: Use lactose-free if sensitive

Build A Smart Snack Plate

+ Cheddar and Gouda Cheese (1 oz each)

Tip: Add fruit and veggies to make it a meal

For more protein inspiration, visit RealCaliforniaMilk.com/Protein

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

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California Milk Advisory Board, an instrumentality of the California Department of Food & Agriculture. CS2512C