



5 LOW-COST WAYS TO GET 10 GRAMS OF PROTEIN (OR MORE)

Protein doesn't have to be pricey. Dairy foods offer many options with 10g or more of protein for around \$1.

Cottage Cheese \$0.87

1/2 cup = 12g Protein

Plain Greek Lowfat Yogurt \$0.73

1/2 cup = 10g Protein

Sharp Cheddar Cheese \$0.76

2 oz = 12g Protein

Ricotta, Whole Milk \$1.40

3/4 cup = 12g Protein

Real Milk \$0.45

1 1/4 cup = 11.25g Protein



Tip: Buy a large tub and portion it out for snacks



Tip: Add your favorite sweet or savory mix-ins



Tip: Shred and top a variety of dishes for a "protein sprinkle"



Tip: Spread on toast, stir into pasta, lots of possibilities



Tip: Drink to hit your protein goal fast or recover from exercise

Label Hack

Look for "Excellent Source" of Protein = 10g+ per serving

For more protein inspiration, visit RealCaliforniaMilk.com/Protein

Pricing and protein amounts approximate. Check the Nutrition Facts label for exact values.

