

**BEEF**  
IT'S WHAT'S FOR DINNER®



# THE POWER OF PROTEIN AT EVERY MEAL

Many Americans search for the best way to improve their overall health, manage their weight and satisfy their appetites. One strategy for maintaining a healthy lifestyle may be as simple as re-thinking protein's place on our plates.

## Beef Up Your Meals with Protein at Every Meal

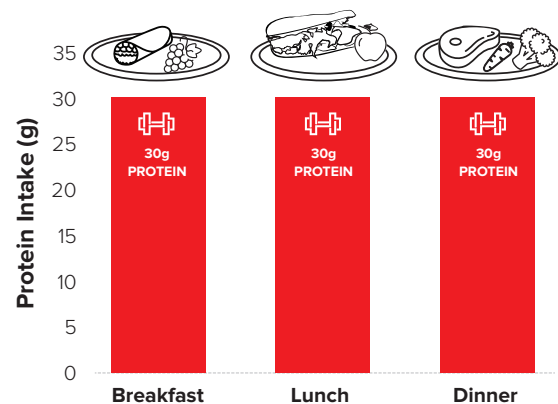
A growing body of evidence indicates that many people may benefit from eating more protein foods at every meal. Currently, the majority of protein is eaten at dinner (42%), followed by lunch (28%), and breakfast (16%).<sup>1</sup> Snacks, which may be spread throughout the day, make up the difference.<sup>1</sup> A simple dietary change, increasing protein intake at each meal (rather than consuming the majority at one meal, like dinner), may help you meet your protein needs, improve satiety and preserve lean muscle mass.<sup>2,3</sup> Furthermore, consuming 20-30 grams of protein per meal may optimize skeletal muscle synthesis.<sup>4,5</sup>

## Incorporate Protein at Every Meal and Snack

Including protein foods at each meal can be achievable by planning ahead and understanding what food sources contain high-quality protein. Try out the following when preparing your protein-rich meals:

- **Beef Up Your Breakfast:** Kick off your morning with a Steak and Eggs Breakfast Taco or make Easy Mexican Beef Cornbread Muffins ahead of time for those extra busy mornings (recipes on next page).
- **Load Up Your Lunch:** Add protein-rich options, like garbanzo beans, hard-boiled eggs, unsalted nuts and lean beef, to your greens to create salads that pack plenty of protein.
- **Sneak in a Snack:** Munch on grab-and-go snacks that contain high-quality protein, like beef jerky and reduced-fat string cheese.
- **Dress Up Your Dinner:** Whip up an easy, homemade beef pasta sauce with noodles and pair it with a vegetable-inspired side, like steamed broccoli or a green salad.

Aim for 20-30 Grams of Protein  
at Each Meal Throughout the Day<sup>4,5</sup>



1. U.S. Department of Agriculture, Agricultural Research Service. What We Eat in America, NHANES 2013-2014, individuals 2 years and over (excluding breast-fed children), day 1. Available at [www.ars.usda.gov/nea/bhnrc/fsrg](http://www.ars.usda.gov/nea/bhnrc/fsrg).

2. Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr* 2015;101:1320S-9S.

3. Paddon-Jones D, et al. Protein and healthy aging. *Am J Clin Nutr* 2015;101:1339S-45S.

4. Paddon-Jones D, Rasmussen BB. Dietary protein recommendations and the prevention of sarcopenia. *Curr Opin Clin Nutr Metab Care* 2009;12:86-90.

5. Mamerow MM, et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *J Nutr* 2014;144:876-80.



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# BRING BEEF BACK TO BREAKFAST

Your breakfast often sets the stage for the rest of your day. Including protein, like lean beef, as part of your morning ritual will not only help you meet your high-quality protein requirements, but is the perfect way to energize your day and set your daily protein plan into motion. There are many easy and creative ways to include lean protein at breakfast.



## Steak and Eggs Breakfast Taco

Makes 6 servings

### Ingredients

- 1 beef Top Sirloin Steak Boneless, cut  $\frac{3}{4}$  inch thick (about 12 ounces)
- Salt
- 2 teaspoons vegetable oil
- 6 small flour tortillas (6-inch diameter), warmed
- 6 eggs, beaten or  $1\frac{1}{2}$  cups egg substitute
- 6 tablespoons reduced-fat shredded Cheddar cheese
- 6 tablespoons guacamole
- 6 tablespoons salsa
- 6 tablespoons reduced-fat sour cream

### Instructions

1. Heat large, heavy nonstick skillet over medium heat until hot. Season beef steak with salt, as desired. Place beef in skillet. Pan-broil 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove beef from skillet. Set aside; keep warm.
2. Heat oil in same skillet over medium heat until hot. Add eggs and scramble until set, stirring occasionally; keep warm.
3. Carve steak into thin slices. Top each tortilla with equal amounts of eggs and steak, and 1 tablespoon each of cheese, guacamole, salsa and sour cream. Serve immediately.

**Nutrition information per serving, using eggs:** 313 calories; 15 g fat (5 g saturated fat; 6 g monounsaturated fat); 231 mg cholesterol; 504 mg sodium; 19 g carbohydrate; 1.7 g fiber; 25 g protein; 4.8 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.2 mcg vitamin B<sub>12</sub>; 2.8 mg iron; 38.7 mcg selenium; 3.5 mg zinc; 183.2 mg choline.

**Nutrition information per serving, using egg substitute:** 271 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 45 mg cholesterol; 553 mg sodium; 20 g carbohydrate; 1.7 g fiber; 24 g protein; 4.9 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.0 mcg vitamin B<sub>12</sub>; 3.1 mg iron; 48.2 mcg selenium; 3.4 mg zinc; 59.2 mg choline.



## Easy Mexican Beef Cornbread Muffins

Makes 8 servings

### Ingredients

- 1 recipe Mexican-Style Beef Breakfast Sausage
- 1 package (8- $\frac{1}{2}$  ounces) cornbread muffin mix
- 1 large egg
- $\frac{1}{3}$  cup low-fat or skim milk
- $\frac{1}{2}$  cup shredded Mexican cheese blend

### Instructions

1. Prepare Mexican-Style Beef Sausage (see below). Remove from pan.

#### Mexican-Style Beef Sausage:

- 1 pound Ground Beef
- 2 tablespoons red wine vinegar
- $1\frac{1}{2}$  teaspoons dried oregano leaves
- $1\frac{1}{2}$  teaspoons smoked paprika
- $1\frac{1}{2}$  teaspoons chili powder
- 1 teaspoon garlic powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon chipotle chili powder

- Combine ingredients in large mixing bowl mixing lightly but thoroughly.

- Heat large nonstick skillet over medium heat until hot.

- Add sausage mixture

- Cook 8 to 10 minutes, breaking into  $\frac{1}{2}$ -inch crumbles and stirring occasionally.

2. Preheat oven to 350°F. Prepare muffin batter according to package directions with egg and milk. Fold sausage into muffin batter.
3. Spray 24 mini-muffin cups with nonstick cooking spray.
4. Divide muffin batter evenly among 24 mini muffin cups, filling cup to top. Top batter evenly with cheese. Bake for 15 to 20 minutes or until muffins are cooked through and cheese is melted and golden brown.

#### Nutrition information per serving:

254 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 73 mg cholesterol; 490 mg sodium; 22 g carbohydrate; 2.2 g fiber; 18 g protein; 4.2 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 2.5 mg iron; 15.5 mcg selenium; 3.7 mg zinc; 23.6 mg choline.



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