

How to Incorporate Protein into Your Diet

Women should try to eat 60 to 80 grams of protein per day, while men should aim for 70 to 90 grams per day. This might not seem like that much, but after weight loss surgery your stomach will only be about the size of an egg, so you'll have to make some adjustments to your lifestyle. No matter which protein source you choose at each meal, make sure you eat your protein serving first before you get too full.

To start following a high-protein diet, turn to lean meats that are high in protein and nutrients and low in calories. Chicken breast (boneless and skinless), turkey, and tuna are great options for a healthy lunch or dinner. Egg whites, non-fat milk, Greek yogurt, and cheese are also high in protein, but make sure you look at the nutrition facts on yogurt and cheese to make sure they're not too high in sugar or fat.

Incorporating more protein into your diet doesn't mean you have to start eating meat constantly or try your hand at a ketogenic diet. There are plenty of plant-based protein sources out there for you to try. Tofu, nuts, beans, soy products, veggie burgers and quinoa are all protein-rich.

