Protein-Packed Meals and Snacks

**Breakfast:**
- 2 scrambled eggs
- Whole-wheat toast with butter
- ¾ cup cantaloupe
- 8-ounce low-fat milk

**Snack:**
- ½ cup trail mix with almonds, raisins, and dried fruit

**Lunch:**
- Sandwich on whole-wheat bread with one slice Swiss cheese, one slice deli beef, lettuce and tomato
- Green salad with vinaigrette dressing
- 12-ounce low-fat latte

**Dinner:**
- 3-ounce grilled salmon
- ½ cup grilled asparagus
- ½ cup rice
- 2-ounce whole-wheat roll with butter
- 1 cup strawberries

Each meal provides about 25 grams protein and each snack about 10 grams protein.