

Healthier Lifestyles - with Coach Linda

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Trim Healthy Essentials Protein Boosting Ideas

When incorporating Essentials amino acid supplement into your diet, follow the recommended serving amount. Here are 10 examples of ways to add Essentials amino acid supplement to your meals and snacks:

1. Smoothie Boost: Add a serving of essential amino acid powder to your morning smoothie for an extra protein boost.
2. Post-Workout Shake: Mix essential amino acids with water or a protein shake after your workout to support muscle recovery.
3. Flavored Water: Dissolve the supplement in water for a flavored, hydrating drink throughout the day.
4. Protein Balls: Make protein-packed energy balls by adding essential amino acids to Protein Ball recipes for additional protein.
5. Oatmeal Topping: Sprinkle essential amino acids on top of your morning oatmeal or cereal.
6. Salad Dressing: Mix essential amino acids into your homemade salad dressing for added protein.
7. Greek Yogurt: Mix the supplement into yogurt and top with granola or fresh fruit for a nutritious protein filled snack.
8. Soup Enhancement: Add a serving of essential amino acids to your soups or broth for an extra protein boost.
9. Baking: Incorporate essential amino acids into your baking recipes, such as single serve muffins or pancakes, for a protein-rich treat.
10. Homemade Protein Bars: Create your own protein bars by adding essential amino acids to protein bar recipes.